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00 of 05 – Wind - Feng - Talk – Lester Levenson - Lester Levenson Six Steps – Lester Levenson – TSM – Lester Levenson Original Release Method – Lester Levenson Original 1992 Sedona Method Release Technique – Condensed Version (Wind Feng).pdf

**Condensed Summary Version** ( Part 1 of 6 documents, this is English translation of the document named “Condensed version of Wind’s talk on Lester Levenson Six Steps” – from documents 00 to 05 in the Google Drive )

Version 1.0 – Wind (Feng)’s chat logs in WeChat Weixin Groups “Shortcuts to Freedom” and “TSM The Original Sedona Method Release Liberation Diamond Island”

Document Creation date: 14 Feb 2026

*“ Simply release your feelings, your mind quiets, and you’re there.”*  
– Lester Levenson (1909-1994)

Source ( Github ):

<https://github.com/deng-bowen/6-steps/blob/main>

<https://drive.google.com/drive/folders/1WlCTqnPtCVDKt8gc2YVA4fpBWee4QHac?usp=sharing>

## **People or authors mentioned in this document include:**

**Wind ( Feng 风 / 風 in Chinese )**

**Lester Levenson (1909-1994)**

**Lester Levenson (The Sedona Method / The Sedona Release Method Technique)**

**The Original 1992 Sedona Method by Lester Levenson**

**The Sedona Method Release Liberation Technique**

**Wind ( Feng ) on Six Steps of Lester Levenson**

**Wind ( Feng ) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom**

**Hale Dwoskin ( student of Lester Levenson , author of the book 'The Sedona Method' , featured in 1992 Original Sedona Method 8 videos )**

**Nikki Warriner (featured in 1992 Original Sedona Method 8 videos )**

**Larry Crane (Lawrence Crane) / Lawrence Crane (1935-2018) ( student of Lester Levenson, author of the book 'Abundance Book' and The Release Technique )**

**Stephen Seretan ( author of the book "Lester Levenson and me")**

**Virginia Lloyd (author of the book "Choose Freedom" , a book about Lester Levenson)**

**Ralph Zeitlin (student of Lester Levenson)**

**Mike Klein ( student of Lester Levenson )**

**Rick Solomon ( student of Lester Levenson )**

**David Hawkins MD PhD (student of Lester Levenson , and author of the book 'Letting go: pathway of surrender')**

**Ramana Maharshi**

## **Buddha**

## **Yogananda**

## **Jesus**

PS. This document was translated from Chinese to English, with the assistance of DeepSeek in February 2026.

### **Background Information for spiritual seekers (and finders) :**

Lester Levenson experienced a profound inner awakening in 1952 after a severe heart condition (coronary thrombosis) left him facing death; withdrawing to contemplate the cause of suffering, he discovered that his misery came not from circumstances but from his own suppressed feelings (emotions) and mental resistance. By systematically letting go of fear, desire, and attachment, he reported entering a state of deep peace, love, and freedom that did not depend on external conditions. This realization—that happiness is one's natural state and can be uncovered by releasing inner subconscious feelings —became the foundation of what later evolved into the Sedona Method (Release Technique).

Seen through the lens of Ramana Maharshi and Eckhart Tolle (Power of Now book), Lester Levenson's awakening can be understood as a collapse of egoic identification under the pressure of imminent death, followed by a direct abidance as pure awareness. Instead of seeking salvation externally, he turned inward and discovered that suffering arose from attachment to feelings, thoughts, desires, and fears; when these were relinquished, what remained was causeless peace and love. In Ramana's terms, the false "I"-thought subsided into the Self; in Tolle's language, psychological time and resistance dissolved into Presence. Lester Levenson's later teaching of "releasing" can thus be viewed as a pragmatic pathway to the same realization: that one's true nature is prior to thoughts and feelings, free of grasping, and inherently whole.

In China and in the Chinese speaking community (China ,Taiwan, Hongkong, Singapore, Malaysia), and there is this person with the ID "Wind" ( Feng ) ( 风) / 風 in Chinese), a well-known figure in China's spiritual seekers community, who claimed to have been thrown into "spiritual enlightenment" (Nirbīja Samadhi) after constant release (every moment 24/7) for about over a month in 2020.

Wind (Feng 风) / 風 in Chinese) focus was on the recordings of Lester Levenson's talks and the 1992 Sedona Method version of the course designed by Lester Levenson himself and led by Hale Dwoskin and Nikki Warriner . (8 videos of the 1992 course recordings are freely available on YouTube and bilibili).

Later on, the instructors after Lester Levenson who were his students , modified, added or subtracted some parts of it. The focus in those materials somehow shifted from achieving

freedom to having a happy comfortable life, which itself is awesome, but I wonder if we're leaving what's more out there , from Lester Levenson's original teaching.

The documents from 00 to 05 are the PDFs of chat logs of Wind (Feng) answering questions from other spiritual seekers.

Wind ( Feng / 风 or 風 in Chinese) , a well-known pseudonymous student of Lester Levenson's Six Steps and The Sedona Method Release Technique - Letting Go ) in China , rose to prominence among Chinese spiritual seekers community in 2021 , for sharing Chinese translations of Lester Levenson's audios, his direct awakening experience , and for emphasizing and popularizing the pure simplicity of " Simply Releasing 24/7 and applying the Lester Levenson Six Steps 24/7" .

Wind ( Feng / 风 or 風 in Chinese) , is a dedicated practitioner and teacher of Lester Levenson's Six Steps (The Original 1992 Release Method – Sedona Method) who emphasizes the profound simplicity and effectiveness of the Six Steps as the complete map to Freedom, having deeply studied Lester Levenson's 1992 Original Sedona Method Course materials and audio recordings. Through his extensive experience, Wind asserts that "you don't need anything beyond the six steps" to achieve true freedom, consistently teaching that the Six Steps - from wanting freedom more than the world to experiencing increasing joy with each release - form a self-contained, powerful system that requires no additional techniques or modifications. Wind's teaching centers on the purity of Lester Levenson's original method, particularly as presented in the 1992 Original Sedona Release Method course, where he identifies the three fundamental desires (approval, control, and security) as the root of all emotional suffering, and emphasizes that continuous release of these desires, rather than merely releasing surface emotions, is the key to rapid liberation - a process he ( and Lester Levenson) claims can take "only a few months" when practiced with complete fidelity to Lester Levenson's instructions.

As of February 2026, Lester Levenson, Hale Dwoskin, Larry Crane (Lawrence Crane) (Lawrence Crane), The Sedona Method, and The Release Technique, are more popular in China , than the rest of the world combined, since it is free, requires no belief systems, and no external guru or teacher. Virtually, all Lester Levenson's books, talks, videos ( in English ), have been translated into Chinese .

The Original 1992 Sedona Method Videos (8 videos), featuring Sedona Method instructors **Hale Dwoskin** and **Nikki Warriner**, have been viewed millions of times in China's YouTube ( bilibili ), while in YouTube the same video has less than 100,000 views.

Wind (Feng)'s chat logs PDF documents are freely available for download in Internet Archive, and contain essential pointers for true seekers, to start their journey to "Lester Levenson Six Steps and TSM (The Original 1992 Sedona Method)" .

Wind (Feng) said in the chat logs document:

"All the spiritual masters point to the same Reality , and Releasing via Six Steps, in my experience, is the most effective practice to get there (Freedom, Beingness, Reality) . Absolute security is only found in your true inner self (Infinite Beingness). "

Lester Levenson has a better summary: "The Sedona Release Method is simple, the method is also easy. Let the feelings come up, [recognize the deeper ego's intention] they are a desire for approval or control, and then let them out. Carrying out the six steps of this method, will take a few months to empty out all your garbage."

Lester Levenson's quotes:

" Feelings Are Suppressed Energy Under Pressure. Allow them to be and decide to release them, up and out."

" Even more simply, release the feelings as soon as you notice them. "

" Allowing feelings to surface , float up and out , and decide to release / let go of them instantly . "

"Releasing is simply allowing the suppressed feelings to come up and go out—without resistance, without effort, without identification. It's not thinking it away; it's feeling it and letting it float away. When you do this consistently—especially from a high state—you dismantle the entire structure of ego, and what remains is your infinite beingness. "

“You hear that word allow? That's just the way it happens. Instead of holding it down or toying with it, you allow it up and out.”

"There is so much of it -- releasing occasionally helps but if you want to get it all out a huge accumulation, it's got to be constant it's in the Six Steps, you got to make it constant and all day long it's floating up and out you see the feeling and you see it release sort of like sitting back and watching the show go on."

"The way is simple and the way is easy. Let the feelings come up. Get them under approval or control and let them out."

"Taking a feeling up is tracing a feeling to a more basic feeling until you get the source feeling of wanting to control or wanting approval."

"The feelings comes up in waves, goes out. The waves stop and then you're finished."

3 core wantings described in The Original 1992 Sedona Method:

| Category                        | Description                                                                                  | Synonyms - Positive/Wanting                                                                                                  | Synonyms - Negative/Fear                                                                              |
|---------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Wanting Approval or Disapproval | feeling of not being worthy or good enough , fear of others' disapproval , intense neediness | Wanting love / acceptance/ admiration / caring/to be noticed/to be understood/to be stroked/to be nurtured/to be liked/to be | Wanting to be disliked/rejected/be looked down on/ to hide/to be misunderstood/to rebel/to be ignored |

| Category                                              | Description                                                                                                  | Synonyms - Positive/Wanting                                                                                                                 | Synonyms - Negative/Fear                                                                                                                       |
|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                       |                                                                                                              | recognized/to be popular/                                                                                                                   |                                                                                                                                                |
| Wanting Control or to be Controlled                   | Feels rigid, controlling, hard-edged and pushy --- Be controlled -- Feels like wanting to be taken care of . | Wanting to change/understand/ manipulate/push/fix/f orce something/to have it our way/to be right/to be on top/ to make it happen/to coerce | Wanting to change/be changed/to be confused/to be manipulated/ to be fixed/to be forced/to follow/to be the underdog/to blame/to be the victim |
| Wanting Security / Safety / survival or fear of death | Feels threatened and unsafe -- Survival -- Feels like wanting to give up, rejecting life .                   | Wanting safety/to survive/to get revenge/to protect ourselves and others/to attack/to defend/to kill/to be safe                             | Wanting danger to end it all/to expose ourselves and others/to be attacked/to be defenseless/to be killed/to be annihilated/ to be threatened  |

The golden key is the **"Six Steps" Lester Levenson** summarized as follows:

1. You must want freedom more than you want the world.
2. Decide that you CAN do the method (Release) and be imperturbable.
3. See that all your feelings culminate in three wants, the want of approval, the want to control, and the want of security. See that immediately and immediately let go of the want of approval, the want to control and the want of security.
4. Make it constant. Release all your wanting approval, wanting to control and wanting security when alone or with people.
5. If you are stuck, let go of wanting to control the stuckness.
6. Each time you use the method, you are lighter and happier. If you do this continually, you will continually be lighter and happier. Go back to Step 1.

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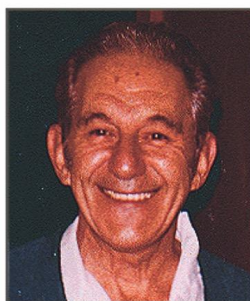
## Wind (Feng) Talks about “ Six Steps of Lester Levenson “ | Go Towards Freedom

Shared by **Wind** / Edited and Formatted by **Yiman**

2021.8.17

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Thank you to Mr. Lester Levenson .



*Lester Levenson*  
1909-1994

**Thanks and dedication to Mr. Lester Levenson, the Founder of The Sedona Method**

( 19 July 1909 — 18 January 1994 )



As long as you want help, I will never leave you.

Now the "real me" sees you as the "real you". When I'm not here, not with you in this physical body, it is the real me helping you.

Anytime you ask for the real me, you will find the real me right there. What happens is *you raise yourself up* so that you can get the answers yourself. You must get them.

——**Lester Levenson (1909-1994)**

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## Page 9

### The Sedona Release Method is the Only Simple and Efficient Method to Achieve Freedom Today

**Q:** Is the Release Method specially prepared for this era?

**Wind:** Yes. Yogananda chose to leave shortly after Lester Levenson's complete awakening, officially marking the end of the guru era.

Lester Levenson could only help a small group of people. In this era, only a very few people will awaken. *Those who have this method have the opportunity.*

This era will have many fake masters, but in this era, **only the Release Method can lead to freedom**. Therefore, anyone claiming to be free through other means is a fake master.

I mean after 1970. Those awakened after 1970, besides those awakened in the last century, only the Release Method can do it.

And a person who has awakened through other means will recommend the Release Method to you, no matter what method he used to awaken himself, because the master knows everything.

**Q:** Can't the ultimate method taught by Ramana Maharshi do it?

**Wind:** Theoretically, the ultimate question is the fastest, but actually no one on this planet can use it currently.

**Q:** What about the Kriya Yoga taught by Yogananda?

**Wind:** It will not lead to freedom in this lifetime. The requirements of Kriya Yoga are too high. It belongs to Raja Yoga, a comprehensive path.

**The Sedona Release Method is the only simple and easy method for this era.**

Look at the video clip above. Lester Levenson actually told students many times that **the Sedona Method is the only one effective now**. Most people who don't know the Sedona Method will take a very, very long time to reach freedom.

**Q:** If we don't use it to the extreme, then we are truly the most foolish people in the world.

**Wind:** You have no reason not to use the Release Method, whether for moving towards awakening or obtaining a better world. **It is the most efficient**. Not only efficient, but also simple.

Because you will all experience low points, and when experiencing low points, it's easy to give up. If something tempting appears at that time, you will be attracted to it.

So what I emphasize is one thing I know: currently in this era, starting from 1970, within these 120 years, **only the Release Method can reach the end**.

**Giving up the Release Method equals giving up freedom in this lifetime**, no matter what other spiritual method you switch to.

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## Page 14

### Process for Releasing Emotions ( Original 1992 Sedona Method )

**Wind:** (13:45:52)

1. **Allow yourself to feel the current feeling**, and trace it back to an emotional state (Apathy, Grief, Fear, Lust, Anger, Pride).
2. **Ask yourself:**
  - *Could you let this feeling go?*
  - *Would you let it go?*
  - *When?*
3. See how you feel now and repeat the previous process.

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## Page 15

### Process for Releasing Desires ( Original 1992 Sedona Method )

**Wind:** (13:45:58)

1. **Allow yourself to feel the current feeling.**
2. **Notice whether it comes from *wanting approval* or *wanting control*.**

3. **Can you be aware of this wanting control (or wanting approval)?**
4. **Can you let it go?**
5. **Is there any remaining wanting control (or wanting approval)?**
  - *Can you be more aware of it?*
  - *Can you let it go?*
6. **Repeat** awareness and release until you are completely free.

**Wind:** (13:46:44) This process can be used as a reference.

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## Page 16

**Wind:** (2020.12.20) Emotions are the 入门 (**entry level**), allowing you to learn to release. The workbook's final summary of the course is: **release three wants only**.

**Wind:** (3:38 PM) Some of Lester Levenson's explanations about the Release Method.

We first enter the conscious mind, release control, approval. And those other things you try to release, like fear — you know, you would spend hundreds or thousands of lifetimes releasing fear, and after that you would still have anger, and you would still have other emotions. But **when you release wanting control, everything underneath it is all let go**.

Then when you release wanting security, you release all wanting approval and control, and everything underneath them. You are currently too low to attack wanting security. You are overwhelmed, you are terrified by death, and you let it operate you. But when you release a considerable amount of control and approval, you have the ability to face the fear of death.

If you release emotions, it would take thousands of lifetimes to clean up one type.

**Releasing desires is the way to reach the end within one or two months.**

Only then can you enter the high efficiency of the Release Method.

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## Page 20

### The Six Steps to Freedom (Lester Levenson)

**Step 1:** You must want freedom more than you want the world. You must want freedom more than you want approval and control. (**Wanting approval and wanting control = the world**)

**Step 2:** Make the decision to go free.

**Step 3:** All feelings come from wanting approval and wanting control. They are **survival programs**. Release them.

**Step 4:** Release continuously.

**Step 5:** When you are stuck, let go of wanting to change the stuckness.

**Step 6:** Each time you release, you are happier, lighter, and freer. As you release, you become happier, lighter, and freer.

**Lester Levenson:** "There is no stop in six steps."

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## Page 21

**Wind:** (2020.12.2 21:47:38) The Six Steps are achieved through **continuous release**.

**Wind:** (21:48:05) You must continuously gain pleasure from the **Sixth Step** to accomplish the **First Step**.

**Wind:** (21:48:24) Initially, all Six Steps are useful.

**Wind:** (21:48:37) When you don't want to release, remind yourself of the **First Step**.

**Wind:** (21:48:45) Then decide to release. This is the **Second Step**.

**Wind:** (21:49:03) Directly release wanting control and approval. This is the **Third Step**.

**Wind:** (21:49:16) Release continuously, maintain continuity. This is the **Fourth Step**.

**Wind:** (21:49:34) When stuck, release the wanting control over being stuck. This is the **Fifth Step**.

**Wind:** (21:49:50) Feel happier and lighter with each release. This is the **Sixth Step**.

**Wind:** (21:50:16) Implement the Six Steps, practice continuously. This will gradually strengthen the motivation for freedom, thereby completely achieving the **First Step**.

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**Again, the Six Steps are the key to everything.**

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## Page 26

**Wind:** (2021.3.16 20:29:20) If you want freedom, also release. If you want the world, also release.

**Wind:** (20:29:23) It's that simple.

**Wind:** (20:29:40) If you want freedom, releasing is the only thing that can free you.

**Wind:** (20:30:08) No matter how much you talk about freedom, it cannot get you there. Studying topics about freedom cannot free you either.

**Wind:** (20:30:26) If you want a better world, releasing is the only thing that can give you a better world.

**Wind:** (20:31:26) Whatever action you take, every action is within the **karmic program**, within **driven reactions**.

**Wind:** (20:31:44) Therefore, whether you want freedom or want the world, **just release**. It's that simple.

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## Page 28

**Wind:** (2020.12.31 10:53:26) There is no free will in worldly living.

**Wind:** (10:53:39) Note, **there is no free will in secular life**.

**Wind:** (10:54:55) There is only one thing with free will: **choosing to identify with your body or with infinite existence**.

**Wind:** (10:57:50) Striving to make money won't make you richer, studying hard won't make your grades better, working hard on health maintenance won't make you healthier.

**Wind:** (10:57:57) Understand? These are all pre-programmed.

**Wind:** (10:58:11) **Only deprogramming is useful**.

**Wind:** (11:33:58) Trying to change something through action is just a delusion of people, completely useless.

**Wind:** (11:34:09) Yet most people don't understand this.

**Wind:** (11:34:48) **Karma drives action**, and your actions attempting to change karma are also driven by karma.

**Wind:** (11:36:34) Ma Yun (Jack Ma), Bill Gates don't know why they made money and lost money. Their summaries of their own success experiences are just a guess after seeing the 表象 (**surface phenomena**).

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## Page 32

1. "I can't" means **I won't do it**.
2. "I can't do it," **just this thought stops you from doing it**.
3. Those who think they can't do it **actually don't want to do it**.
4. As long as you get on with it, it will happen.
5. Wishing and intending are useless, **you must do it (release)!**
6. Don't just try, **do it!**

——**Lester Levenson** – "The Ultimate Path to Freedom"

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## Page 37

**Wind:** (2020-10-15 12:24:48) Release wanting control, and you will no longer suppress the fear of death. It will surface for you to release.

Lester Levenson said, release the mind, and what remains is infinite existence. It's that simple.

The mind is nothing but the collection of your feelings and thoughts.

**Wanting control, approval, security (survival). The three wants.**

Lester Levenson sometimes uses the fear of death to refer to wanting survival. Same meaning.

Wanting to change is also a kind of wanting control.

So **just release three things:**

- Wanting control
  - Wanting approval
  - Wanting survival (fear of death)
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## Page 39

**Wind:** (2021.3.16 22:37:58) Unless you release the drive of those programs.

**Wind:** (22:38:10) If you don't release, it will continuously drive you to engage in activities.

**Wind:** (22:38:35) All brilliance, all creativity, comes from infinite existence.

**Wind:** (22:38:49) **The mind is a mechanical program, it only repeats.**

**Wind:** (22:39:31) Perhaps it can be said that a person free from the mind program **truly begins to live.**

**Wind:** (22:39:44) Before that, they are just a **robot** continuously driven.

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## Page 47

**Wind:** (11:29:26) Release wanting control and approval, release those programs covering the **"fear of death"**.

**Wind:** (11:29:38) Then allow the "fear of death" to surface and completely release it.

**Wind:** (11:30:26) Initially, you release the programs of wanting control and approval.

**Wind:** (11:30:33) You are only releasing these two types of programs.

**Wind:** (11:30:52) As you release, those feelings, those thousands of thoughts about the body, disappear.

**Wind:** (11:31:35) When you release the deepest fear of death, **your entire mind disappears.**

**Wind:** (11:31:51) Your sense of separation dissipates, and what remains is infinite existence.

**Wind:** (11:32:02) You will naturally identify yourself as infinite existence.

**Wind:** (11:32:15) Is this clear enough?

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## Page 48

**Wind:** (2021.3.13 18:43:27) The most complete map is **the Six Steps themselves.**

**Wind:** (18:51:58) The Six Steps are already the least simplified; they take care of every aspect. Because it can be even more simplified.

**Wind:** (18:52:30) Which is what Lester Levenson said: **"release all feelings, your mind quiet, that's it."**

**Wind:** (18:52:51) If you want a complete map, that is the Six Steps.

**Wind:** (18:53:07) Accomplish each step, and you succeed.

**Wind:** (18:53:41) You don't need anything else. You only need to remind yourself to **keep it simple.**

**Wind:** (18:53:56) When you complicate it, you are moving towards failure.

**Wind:** (18:54:07) Because you are moving towards **accumulating intellect**, which is the opposite of releasing.

**Wind:** (18:55:58) More simplified is Lester Levenson's sentence.

**Wind:** (18:56:12) **Release all feelings, your mind quiet, and you're there.**

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## Page 53

**Wind:** (2020.10.23) Lester Levenson's audio "KISS - keep it simple" (mentions that), he became aware of wanting approval, wanting control, and wanting security. But in his first month, he was only aware of wanting approval, the second month only wanting control, and the third month he became aware of the fear of death.

That's why he said that if he had had the Six Steps then, he would have reached the end faster, **"You have the Six Steps now, so you should be faster than me."**

If you do it, it's simple. If you don't do it, it's impossible. **Simple, or impossible.**

Only need a few weeks, a few months at most, to freedom.

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## Page 58

**Wind:** (2020.10.23) The fear of death is the root cause of the two major desires, all emotions, and all thoughts. As long as the fear of death has not been completely released, it will continuously develop wanting approval and control.

Because people don't want freedom enough, it's hard for them to be free. They will stop at an extremely beautiful state.



But whether it's a beautiful dream or a nightmare, **you are still in the dream.** If you don't transcend the dream, you will fall back down.

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## Page 64

**Wind:** (22:22:30) When you seek help externally, that is an opportunity.

**Wind:** (22:22:40) Become aware of it, **release.**

**Wind:** (22:22:51) **Find everything you want within.**

**Wind:** (22:23:05) Absolute security exists only in your **infinite existence.**

**Wind:** (22:23:51) Among all kinds of help, none is better than destroying all your 支柱 **(pillars of support).**

**Wind:** (22:25:20) Lester Levenson told me the world would "knock down his pillars," so everyone is forced to find answers from within. "That's good," he said. "Not an explosion, but an ascension," he laughed. Currently, people always seek happiness externally using various escape methods provided by the world. Eventually, when external escapes are endless, he predicted, we would be forced to go within. "This is really a good thing," he said, "because people will be forced to find the answer, to know who they really are, just like me." He always told me he was especially grateful for his heart attack.

**Wind:** (22:26:00) When external escape methods are all knocked down, **you will be forced to go within.**

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## Page 66

**Wind:** (15:19:05) 自依止, 法依止, 莫异依止 (Take refuge in yourself, take refuge in the Dharma, take refuge in nothing else)

**Wind:** (15:19:15) 自依止 comes first.

**Wind:** (15:19:19) **You must rely on yourself.**

**Wind:** (15:21:24) Actually, there is no teaching method that relies on others for attainment.

**Wind:** (15:21:37) **That step can only be taken by oneself.**

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## Page 69

**Wind:** (9:53 AM) Currently, all masters are paying attention to people practicing the Release Method.

**Wind:** (9:53 AM) Because this is the only method for this era.

**Wind:** (9:54 AM) Other methods cannot guarantee you reach the end in this lifetime.

**Wind:** (16:37:37) You are originally free, only obscured by the mind.

**Wind:** (16:37:44) Freedom is not creating something. It's just **ending an illusion**.

**Wind:** (16:40:15) If you truly want freedom, Lester Levenson will **infuse** you (*referring to infusing inspiration to practice the Release Method*).

**Wind:** (16:40:37) I'm not joking. Lester Levenson has been supporting this work.

**Wind:** (16:40:56) He supports **everyone** using the Release Method.

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## Page 71

**Wind:** (2020.12.22 20:56:24) Regarding questions like "can I achieve xx", I hope you remember a sentence from Lester Levenson.

**Wind:** (20:56:50) **every impossible, no matter how impossible, become immediately a possible, as you completely released on it.**

**Wind:** (20:57:17) Every impossible, no matter how impossible, **immediately becomes possible**, as long as you **completely release on it**.

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## Page 74

### The Final Three-Step Summary

1. **Release only the three wants.**
  2. **Make it continuous and release immediately.** Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.
  3. **Make it a Do It Yourself Tool.** You now have all you need to go all the way to imperturbability.
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## Page 75

**Wind:** (2020.3.11) Let me say a key point: **Don't fear freedom.**

What Lester Levenson often told his students, don't fear freedom. From Lester Levenson's time to the present, almost everyone who uses the Release Method but doesn't use it to the extreme **fears freedom.**

The reason you don't release is that you are afraid of losing your feelings, afraid you will die, but actually you won't.

Therefore, Lester Levenson constantly emphasized: **You won't lose anything, you will only lose your pain.**

When you do those things, when you look outward for help from "masters", you should know that the things you do seem related to freedom, but are actually just **procrastination.**

Including compiling materials about me, including sharing. When you avoid looking inward, you will go organize, you will do **everything—except release.**

Your mind will tell you it's beneficial for freedom, or beneficial for the world, but it's just making you stop releasing.

As long as you stop releasing, no matter what you do, **it's the opposite direction.** I constantly emphasize this point: **Talking about freedom will not free you; continuous release will.**

## You need to remind yourself: **Are you on the Six Steps?**

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## Page 77

On this path, **you will never lose anything.** You will only have more and more of what you truly want, until you have all.

Besides the bandages and pain we impose on ourselves, we find that on the spiritual path, **we never lose anything.**

You let go of limitations, let go of pain, but you never lose anything valuable or beautiful.

You know, when you are infinite, you can retain the finite. You won't lose anything.

We worry about giving up our bodies, giving up our families, but that won't happen.

Those who are enlightened only let go of attachment to the body and family, letting go of the 束缚感 (**feeling of bondage**) that attachment brings, replaced by complete freedom.

(After freedom) you can do anything, but you won't disappear.

You will never be affected again, because you already possess **undisturbed peace**.

——**Lester Levenson**

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## Page 81

### About the Six Steps

Hale Dwoskin introduces the Six Steps in his book like this:

"The **Golden Six Steps** are a high-level summary of The Sedona Method. Lester Levenson created the concept of the 'Golden Six Steps' in 1974 to summarize the entire release process...

...This concept has not undergone major changes since its creation; it is classic and perfect.

Practicing release along the Golden Six Steps is very useful. Many people write these six steps on a small note, carry them in their wallets... any way that can remind you to release anytime, anywhere is fine."

**[2020.9.17] Wind:** According to Lester Levenson, all the knowledge needed for the Release Method is in the Six Steps. You only need a **simple and direct path**, and then walk it unswervingly.

Therefore, anything that inspires you to continue releasing, you can look at. **Anything that makes you stop releasing, you should be wary of.** Once you stop releasing, I immediately know I'm wrong, at least not on the path. No matter how sacredly something is packaged, if it makes you stop progressing, it's useless.

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## Page 84

# Wind Talks Six Steps

## Step 1

**Step 1: You must want freedom more than you want the world.**

You must want freedom more than you want the world (approval and control).

You must want freedom more than you want approval and control. **Wanting approval and wanting control = the world.**

**Lester Levenson:** Yes, that's the first step, and it's the first step of the method, isn't it? You must want freedom more than you want this world.

Let me slightly change the wording, but this is indeed how it started... I think it's better to use "**You must want freedom more than you want the world.** "

If you do that, your actions will then be: turn your direction towards the world around, focus back on yourself, do what needs to be done to 脱离 (**disengage from**) **the world**, and allow your infinite existence to simply be here.

——Excerpt from **the way part1**

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## Page 85

**Q:** How can one reverse direction and truly achieve the First Step on an experiential level?

**[2020.11.17] Wind:** The way to reverse direction in the Release Method is by **continuously confirming your gain**. You get benefits from releasing, so you want to release.

... get everything by releasing only. Getting benefits early on is very important; let the gain support you to obtain higher gains.

Simply put, **only when you see the world = pain, and all happiness comes from within, will you turn around and achieve the First Step**. As long as you still believe there is happiness in the world, you will stop to pursue it.

If you often listen to audios and watch videos, you should often see Lester Levenson asking two questions: one is "**Have you ever experienced the inner picture changing and the outside changing immediately?** " and the other is "**Have you ever found that all happiness comes from within?** "

You really only discover this point to achieve the First Step. ... Lester Levenson says it casually in plain language, and you overlook it.

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## Page 86

So reversing direction really isn't about shouting "I want freedom", but about little by little confirming that your gain comes from releasing, that nothing is outside the Six Steps.

You can't just resist the world, hate the world. That's useless. Unfortunately, when most people shout "wanting freedom", they are suppressing their disgust for the world. But disgust and 贪恋 (**attachment/craving**) are the same thing; they are two directions of desire.

You must truly achieve the First Step on an experiential level for it to work. By continuously releasing, continuously confirming your gains. Confirm your source of happiness.

OK, release. From getting a little benefit, to getting all benefits. Nothing else to say.

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## Page 87

**Wind:** Mainly, you need to achieve the First Step. After achieving the First Step, the rest are all achieved. The main thing is the **complete reversal of the flow**.

You haven't noticed another way of saying the First Step: wanting freedom more than wanting control and approval, **more than**. You can want control and approval, but you want freedom more than them.

... (repeats Lester Levenson quote on "entering the stream")

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## Page 92

**Wind:** (2020.12.11) Continuously contacting infinite existence through release, experiencing it as the only source of happiness, will only then completely turn.

When Lester Levenson reached Samadhi, he didn't know there was such a thing as Samadhi. So whether you know the concept of Samadhi or not doesn't affect you getting there.

What I repeatedly explain is that **Nirvikalpa Samadhi is actually the complete achievement of the First Step of the Six Steps**.

Why? Because you only completely achieve it at the moment you contact the infinite.

Continuously contacting the infinite through release will suddenly make you discover that **those seeds no longer work**, all your motivations for seeking happiness elsewhere are gone. Because you have experientially discovered the only source of happiness, the seeds won't work anymore.

If you don't contact infinite consciousness, you will always think there is happiness in the world.

As long as you think there is happiness in the world, your direction may still turn towards the world. It's simple.

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## Page 93

**Lester Levenson:** ...The first is, you want freedom more than you want the world.

The second is, **get all your happiness from within by releasing.**

The next is, decide to be free and do it.

The next one is, directly release the fear of death...

——Excerpt from **THE WAY Part4**

**Lester Levenson:** The first lesson is you must want freedom more than you want this world. Consequently, **you should get all happiness from within yourself, just get it by releasing.**

——Excerpt from **THE WAY Part 2**

**Wind:** Getting all happiness from within, completely doing this, that's the achievement of **Nirvikalpa Samadhi.**

Lester Levenson said it too casually, so people overlook his meaning.

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## Page 94

Before you completely release the mind, you will have a **preview** of infinite existence. That is to say, although you haven't completely released the entire mental program, there will be moments when the mind recedes to the background. At this time, your mind is completely still, temporarily. So at this moment you can experience infinite existence, have a preview of it, which can greatly increase your longing for freedom.

Because you will find that no matter what you obtain in the world, it can't compare to one ten-thousandth of that happiness. Every moment in the world, compared to that state, is torment.

After this, your release is different. You no longer need to remind yourself of the Six Steps, because you are in the First Step, and **every decision you make naturally 朝向 (orients towards) freedom**. Release simply cannot stop, and you will often enter Samadhi, often contact the infinite. Each time takes away many of your desires.

I said before, reaching Nirvikalpa Samadhi through some methods might leave you slightly lacking in terms of habits, so you need more time to release karma. That's why Lester Levenson took three months, the process of which was to explore the release method.

If you don't use the Release Method, just burning off karma by entering the infinite would take much longer.

Spiritual circles like to use the phrase "**cultivation after enlightenment**". Understanding and maintaining, practicing and understanding corresponding — this is actually a concept from Zen. Because Zen is an intellectual method, so you need to "maintain", needing in every aspect of life to use infinite consciousness to correct your habits, realizing that **you are not the doer**, but your infinite existence is doing through you. This process is the process of releasing karma.

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## Page 96

**Wind:** Lester Levenson said **aversion is often suppressed more deeply**.

Aversion to the world and 贪恋 (**attachment/craving**) for the world are both **wanting the world**. So in terms of goal release, you must actually achieve it.

If you cannot achieve your goal, there must still be an **"I cannot" program** suppressed deep inside.

So, when Lester Levenson emphasizes **"get everything by releasing only,"** you need to truly achieve it, not replace it with a limiting concept.

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## Page 98

**Wind:** (2020.11.17) Use goals to draw out suppressed feelings. By releasing, confirm that all your gains come from the infinite within. Only then will you 趋向 (**move towards**) freedom and achieve the First Step.



If you have something you want, then go achieve it. This is what Lester Levenson teaches you. The more you gain, the more you can discover the true source of happiness. When you truly achieve it, you don't need to think about whether you want freedom or the world; **your every subsequent action and choice will naturally 趋向 (move towards) freedom.**

But as long as you still retain the possibility that "**there is happiness in the world**", you won't achieve it. You will subconsciously seek happiness elsewhere, which constitutes your goal. You use this goal to draw out the programs. Only by achieving the goal will you discover that programs have been operating you all along, and your direction will truly turn.

If you suppress it, it stays inside affecting you, and you'll never achieve the First Step.

**The First Step is not a slogan.** The Six Steps are a very perfect map. You need to confirm your gains through release until you discover that all happiness comes from one thing — infinite existence. Discover, as Lester Levenson said, **the world is completely miserable.**

When you achieve a goal, you find you haven't obtained the imagined happiness. This will draw out the next goal, the next want for the world. When you achieve that, you find you still haven't found the happiness you wanted, so your desire will go to the next goal.

You will continuously rise, continuously confirm the source of happiness, until you experience that the source of all happiness is "your mind quieting down, allowing the inner infinite existence to manifest more". Your direction will then turn. This is the **complete completion of the First Step**, and freedom becomes your only goal.

Next, as Lester Levenson said, you will **automatically fall into the last five steps.** That's it.

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## Page 101

**Wind:** I deeply understood the meaning of "**stream-entry**" in the Agama Sutras. Entering the stream. When you completely achieve the First Step of the Six Steps, **every 趋向 (tendency) and choice leads to freedom.**

The wisdom of seeing suffering is the precursor to achieving the First Step. You will see that the direction of the world = pain, and the direction of freedom — infinite existence is the only source of happiness. Then you will spontaneously stop all attempts to 撞得头破血流 (**bash your head against the wall**) seeking happiness in the world.

**Q:** How can one quickly and experientially achieve the First Step? That is, the stream-entry stage.

**Wind:** Implement the Six Steps. Within the Six Steps, the easiest to overlook is the **Sixth Step**, but the Sixth Step is precisely the key to achieving the First Step.

Because, in fact, on an experiential level, you are seeking happiness in the direction of the world. So you need to practice Lester Levenson's favorite teaching: **get everything by**

**releasing only.** Every time you want something, achieve it through releasing. This gain will make you want to release even more.

Continuously confirming your gain will make you release continuously. Until you discover that your goals are achieved one by one, yet you are still unhappy. Then you will, on an experiential level, "discover" that **nothing can truly bring you happiness.**

Immediately, you will become aware that the only source of happiness is within. At this moment, a change in flow will occur immediately, a complete change in the flow of life. You will completely and utterly turn your direction around. This is the complete achievement of the First Step: wanting freedom more than wanting the world.

Then, as Lester Levenson said, you will continuously fall into the last five steps.

The complete achievement of the First Step requires stream-entry. But if you don't actively apply the First and Second Steps, you cannot reach stream-entry either. The Six Steps require you to **actively implement them.** Then, when you completely achieve the First Step, the last five steps will carry you forward.

So, for you, the most practical thing is Lester Levenson's most recommended teaching: **get everything by releasing only.**

everything means everything. You only get everything you want through releasing. This also allows you to implement the Six Steps.

——Wind 2020.12.16

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## Page 103

**Wind:** Release can achieve anything. Make it your experience. During my 闭关 (**retreat**), I also achieved many goals. But I didn't use a goal 表格 (**chart**). I just listed what I wanted to achieve, kept releasing, and later found that most of them were achieved.

**Roller:** Were you already in the First Step when you did the 闭关 (**retreat**) ?

**Wind:** That time, I confirmed the Six Steps. Confirming the Six Steps, I knew something had fundamentally shifted. Later, I suddenly realized it was stream-entry from the Agama Sutras. After that, looking at the 尊者's (**Venerable's**) explanation, I knew it was also **Nirvikalpa Samadhi** in Yoga.

Confirmation is achieving the First Step. Only by achieving the First Step can you **cut off doubt.** Cutting off doubt is called "confirmation". The entire path will appear before you. You **directly know** how to proceed to the end, a direct knowing, 不需要 (**without needing**) thought. Then you find that every action of yours cannot possibly go in the opposite direction of freedom. This feeling of a changed flow is very 明确的 (**clear/certain**).

**I am Infinity:** How did you suddenly confirm the Six Steps?

**Wind:** You mean directly knowing the Six Steps?

**I am Infinity:** Mm, how long did you release continuously?

**Wind:** I released for **less than a week**, continuously.

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## Page 104

**I am Infinity:** 闭关 (**Retreat**) and release for a whole week?

**Wind:** Mm, my continuous release wasn't sitting there forcing myself to release. I wrote many goals. My mental activity was **verification**.

At that time, I did this: I released once, and felt good. Then I said, release again, will it feel even better? **Verify the Sixth Step**. Then I got stuck, and I said, **verify the Fifth Step**. Release wanting control and see if it gets better. Looked, haha, indeed it became smooth. So happy, continue releasing again.

So the whole process was actually quite fun, not like the 苦修 (**ascetic practice**) many imagine. After 大概 (**approximately**) a few days of continuous release, I already felt very happy. At this point, insights naturally surfaced, and I directly knew what the only source of happiness was.

Pain is limiting your infinite existence. When you cover it with feelings, that is pain.

As soon as this realization happened, I immediately felt something change. Releasing became very 主动 (**proactive**) , 不需要 (**no longer needing**) the 誘惑 (**enticement**) of those goals on paper. Just releasing continuously, releasing continuously, and then I reached the point I mentioned, where the whole mind suddenly 抽離 (**detached/pulled away**) . I felt all the power used in the mind turning inward. In that instant, I felt the whole body and mind turn. Then the subsequent steps were all known at once.

I thought at the time those experiences were individualized, so I didn't elaborate much.

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## Page 106

**Wind:** (2020.11.26) When you reach **Nirvikalpa Samadhi**, you have completely achieved the First Step of the Six Steps. Completely achieving the First Step will spontaneously make you fall into the last five steps. Before that, you need to continuously verify the Six Steps to ensure you are on the path to achieving the First Step.

## Page 113

This is very simple and easy. You just have to make a choice. When you want freedom, when you decide you want freedom more than anything in your life, I mean anything, relationships, wealth... When you want freedom more than you want these things, you will get it quickly. And, when you see that your only reason for wanting freedom is to have freedom, this will help you make the decision quickly. But you must keep it simple. Start doing it, eliminate mental activity by releasing your feelings. When you do this, you are in the highest state of love and abundance, and this is your natural state.

——Lester Levenson

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## Page 114

**Wind:** (2020.10.18) I decided to go towards freedom. I am going to do it. While releasing yesterday, this decision became very clear. My current state, my past self could never have imagined, but I know it's not the end yet.

More than seventy to eighty percent of the time I operate at the level of "**knowing**", just "knowing", 不需要 (**without needing**) to mobilize any "knowledge" or "beliefs".

Mental operation has decreased a lot, a lot compared to before. I see what Lester Levenson meant by "**all happiness comes from within**". When we try to gain happiness in the world, we create a 匱乏 (**lack**) , and this lack drives many feelings and thoughts.

What we call gaining happiness from the world, the real happening is merely that we temporarily quiet the mind by telling ourselves "I achieved the goal". **Mind quiet = happiness.**

Because the only source of happiness is just being. And the mind is the only 遮蓋物 (**covering/obscuring thing**) of infinite existence.

Go do it. I know now, a few months or a few weeks can achieve freedom. This time it's not "I believe", but "**I know**". I clearly see the whole picture.

**Implement the Six Steps, and you can do it.**

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## Page 116

### Step 2

#### **Step 2: Make the decision to go free.**

Make the decision to go free.

**[2020.10.23 If you truly decide, you will do it immediately]**

**Wind:** Deciding to be free is not a prayer, not a psychological 暗示 (**suggestion**) . A decision is a decision. It's like deciding right now to walk from your seat to the door. Once you decide, you will do it immediately.

**[2020.10.23 Your decision will take you where you want to go]**

**Wind:** The First Step is wanting freedom. The Second Step is **deciding** to be free.

If you only decide to feel good, or achieve some material goal, then after you get it, you will stop.

**If you decide to be free, you won't stop until you reach freedom.**

Because what you want and decide, you will take yourself there.

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## Page 119

**Wind:** (2021.1.2) Everyone can decide to achieve freedom at every moment. This is **complete free will**. There is only one thing you have free will over: **choosing freedom or being bound**.

**Lan Ruo:** Was Lester Levenson's awakening in this lifetime also pre-programmed?

**Wind:** Only awakening itself cannot be pre-programmed. For everything else, **you have no free will**.

You only have free will in one thing: **choosing to identify with your body or with infinite existence**. For other things, any things, you have no free will. Every thought of yours is pushed by past programs. Including what you want and what you dislike depends on the tendencies of your programs.

Only one thing is completely free will — that is, at any time, you can identify with your infinite existence.

Releasing is the 途径 (**path/means**).

**FREE:** Was our encountering the Release Method also pre-programmed?

**Wind:** Of course. Without very, very good karma, you cannot encounter the Release Method. Upon reaching Nirvikalpa Samadhi, each of your past lives will surface. Subsequently, you realize that in every event, it's not you acting; you have always been infinite existence. These later things actually don't need to be said. I still want to emphasize the Six Steps, implement them.

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## Page 122

### Step 3

**Step 3: All feelings come from wanting approval and wanting control. They are survival programs. Release them.**

All feelings culminate in two wants: wanting of approval and wanting of control.

**[2020.10.18]**

**Wind:** Step 3 is, all feelings are wanting control and approval. At every moment, you have feelings. The whole world you see is wanting control and approval. You are on guard 24 hours a day, not letting the fear of death surface. The defense mechanism is wanting control and approval.

**[2020.10.23]**

**Wind:** Step 3 is "All feelings are wanting control and approval, release them". **All feelings means all feelings.** You must have feelings right now. They must be wanting control or approval. You can release them.

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## Page 123

**Before release becomes habitual, follow the process, don't just observe.**

**[2020.10.24] Wind:** As soon as you recognize wanting approval and wanting control, you will immediately have a natural tendency to let it go. It will dissipate even before you have time to ask.

**Q:** Once aware, it goes. Sometimes it does, sometimes it's still there.

**Wind:** So, **use the process**. Don't use a self-invented "just observing". It won't go. The process is already very simple: allow yourself to be aware of the feeling, aware that it is wanting control or approval, then let it go.

If you try to skip the process, it won't work. It might work once or twice, but it won't always work. Because the 惯性 (**inertia**) of the mind is very strong. Without using this technique, your habit of suppression will pull you along.

The release process is not in line with people's habits. So initially, **consciously use the process** until you reach a point where the process carries you forward.

**[2020.10.22] Q:** Wind, may I ask, when you release to a certain level, like you, do you use the process step by step, or as soon as you are aware of any wanting, it leaves, and you no longer need to ask the questions?

**Wind: floats up and out**, like waves surfacing and leaving. After releasing for a while, the momentum becomes very strong. As long as you make a decision to release, it will carry you forward. You don't need to work as hard as before.

**[2020.12.30] Wind:** When you release continuously, the questions are 多余 (**redundant**) . But at the beginning, you still need the questions for guidance.

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## Page 125

**Wind:** (2020.10.23) The key point of release lies in the **process**, in **continuous release**. Do not confuse it with awareness and observation from other methods.

**Qingxi:** Wind, just being aware of the tendency of wanting and releasing it directly, without being aware whether it comes from wanting approval or wanting control – is this 操作可行 (**operationally feasible**) ? If not, why?

**Wind:** You need to be **clearly aware** to release. When it surfaces to the conscious level, you will directly perceive it, and then there will be a natural tendency to let it go.

**Yitian:** The key to release is the ability to be aware, right?

**Wind:** No, **it's the process**. No matter how good your awareness is, if you are supposed to release wanting control in the process but you go observe something else, you will get stuck.

**Mingkong:** Do we release when feelings and emotions come, or do we constantly observe and proactively ask about the current feeling and proactively go through the process?

**Wind: Proactively use the process.**

**Zhaoyan:** Do we need to release one thing at a time, one person at a time?

**Wind:** It's not releasing one thing at a time, it's **releasing one feeling at a time**. Be consciously aware of your feelings and the wanting control and approval they 激起的 (**arouse**).

**Yitian:** That is to say, the key point of release is to be able to be aware of that "wanting"?

**Wind:** The key point of release is the process. I can't say it's awareness, because awareness is a thing that is easily confused.

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## Page 126

**Great Way to Simplicity:** What is the difference between releasing and observing?

**Wind:** When you observe, are you wanting control or wanting approval?

**Great Way to Simplicity:** It means not participating, just observing.

**Wind:** Many people say: I just observe. Its meaning is to place oneself in the perspective of an observer. But this is a kind of pretense, because you are still **suppressing** feelings. Those driving forces are still operating deep inside you, wanting control and approval are still driving you.

**Great Way to Simplicity:** May I ask what is the essential difference between the two?

**Wind:** One is **suppression**, one is **release**.

**Great Way to Simplicity:** I understand observation as 自然无为 (**natural non-action**) . Suppression involves effort, which is still 有为 (**action/effort**).

**Wind:** You cannot achieve non-action this way. Lester Levenson said, there are two kinds of non-action: one is the lowest state, utter despair; the other is the highest state, peace, where all things are perfect, are infinite, nothing needs changing. Do you think if you now 刻意 (**deliberately**) try to achieve non-action or let things be, which kind would you be?

Lester Levenson has a better summary: "The method is simple, the method is easy. Let feelings surface, recognize they are wanting approval or control, then let them out. Implement the six steps of this method, it will take a few months to clear all your garbage."

The focus of the Release Method is of course continuous release, not continuous observation. Be aware of your current feeling, then recognize it as wanting control or approval, then release.

I have practiced many types of meditation, practiced various methods emphasizing awareness. They are really different from the Release Method. Using those experiences to operate the release process will only create obstacles.



## Page 127

**Qingxi:** Being aware of wanting control or approval, just being aware of the tendency of wanting, 不需要 (**without needing**) to be aware of the content of what approval or control is wanted, regardless of the content? Right?

**Wind:** Yes. Do you think there must be content? No, that's not how this world is created. You first create a mind. First, there is the tendency of fear of death, then wanting control and approval. Then there are emotions of agflap, then thoughts, then thoughts project the material world, and the material world connects into event content.

So, event content is the result. It's not that events cause the tendency of wanting, but **wanting causes events**. Wanting drives every thought to create the world. Therefore, if you are aware of wanting, this is the cause. You don't need to 对应 (**correspond to**) the event.

**Qingxi:** I see, I had completely misunderstood before. Releasing wanting is actually letting go at the causal level, right?

**Wind: Wanting is the most fundamental cause.**

When the process says "allow yourself to be aware", it doesn't mean you 用力 (**use force**) to dig. It means what are you aware of while doing nothing at this moment, 不需要 (**without needing**) to summon effort, 不需要 (**without needing**) to use control.

Why doesn't the course teach you "how to be aware"? Because "how" implies a mental effort.

For example, you ask yourself now, do you want control or want approval? You can immediately be aware. If you can't, then you want to make yourself able, you want things to go your way, that's wanting control. It's very simple.

So, I repeat, you must memorize the Six Steps, keep them by your side, look at them anytime. **Any question about release can find its answer in the Six Steps.**

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## Page 129

**Wind:** (2020.10.23) Release enough wanting control and approval, the fear of death below will **automatically surface** for you to release.

**Fangfei:** Teacher Wind, the Six Steps only mention "wanting control and approval", not the third want, "wanting survival"?

**Wind: This will surface automatically**, so it doesn't need to be placed in the steps for deliberate operation. Lester Levenson talked about this in "the way".

[Insert a piece of Wind's sharing from 2020.9.30]

**Wind:** I happened to relisten to two of Lester Levenson's audios yesterday. He said that before releasing enough wanting control and wanting approval, you won't be aware of the fear of death (wanting survival, wanting security). The fear of death (fear of dying) is deeper. So initially, you don't need to consider it. I know later release methods let you pay attention to three desires simultaneously, but initially, you only need to pay attention to whether it's wanting control or wanting approval. You release these desires that cover up wanting survival (fear of death). It will naturally surface for you to see, and then you can release it.

So, Lester Levenson puts it more concisely: Initially, you won't allow the fear of death to surface because you are so programmed. **All your feelings are survival programs.** Their function is to defend you from contacting the fear of death. So when you release these defense programs, the fear of death below will automatically surface. **That's the way it is.** (laughs)

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## Page 132

### Emotional Energy Scale

| Emotion               | Energy Consumed by Suppressed Emotions | Remaining Usable Energy |
|-----------------------|----------------------------------------|-------------------------|
| <b>Apathy</b>         | 100%-95%                               | 0%-5%                   |
| <b>Grief</b>          | 94%-90%                                | 5%-10%                  |
| <b>Fear</b>           | 89%-85%                                | 11%-15%                 |
| <b>Lust</b>           | 84%-80%                                | 16%-20%                 |
| <b>Anger</b>          | 79%-70%                                | 21%-30%                 |
| <b>Pride</b>          | 69%-60%                                | 31%-40%                 |
| <b>Courageousness</b> | 59%-35%                                | 41%-65%                 |
| <b>Acceptance</b>     | 34%-15%                                | 66%-85%                 |
| <b>Peace</b>          | 14%-0%                                 | 86%-100%                |

**Yiman's note: AGFLAP** is the acronym for the first six emotions in the emotional scale. When mentioned in the Release Method, "AGFLAP" usually refers to **negative emotions**. **CAP** represents the last three **positive emotions** in the scale.

From this table, we can also see why we feel we have no energy to act when in negative emotions, because most of the energy is used to **suppress** emotions.

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## Page 133

**Wind:** So I don't suggest people summarize their own experiences into methods. Always return to the **original process**, the complete process.

First, you need to relax the body. Once you find yourself 用力 (**using force or effort**) to release, need to stop and relax the body. Because many people, due to past incorrect habits, are used to using force.

When releasing, if you try to find a feeling, that is 逃避 (**escaping**) the current feeling. You are avoiding (escaping) the current feeling 24/7.

Release is not an activity that requires you to expend great effort. Some people may have misconceptions about release due to previous incorrect practice methods.

Accept unclear feelings. Unclear feelings are a kind of feeling. Need to recognize this point. You don't exist without feelings. You only have times when you don't treat feelings as feelings.

Lester Levenson specifically mentioned this **vague feeling**. Vague feelings exist because you are 逃避 **avoiding** feelings. Feel your vagueness.

"No feeling" is a vague feeling, or an 不明显 (**not obvious**) feeling. Consciously pay attention to your vagueness. First notice it, don't be so 急 (**impatient**) . If, when you try to feel, your feeling is "no feeling", don't look for another feeling at this time. Just allow this "no feeling" to be here. First, pay attention to this "no feeling", or blank feeling. Consciously pay attention to it until you recognize it as a feeling.

"No feeling", vague unclear feeling, is just you 逃避 **avoiding** feelings. It's not really no feeling.

The first suppressed feeling is the fear of death (wanting survival). Then it developed wanting approval and control. They developed nine emotional categories, and numerous individual feelings.

In the Release Method, when we say **emotions**, we mean the nine emotions of AGFLAPCAP. When we say **feelings**, individual feelings, emotions, desires, all are feelings.

## Page 136

**Bingzi:** Can we bundle the three desires together and ask?

**Wind:** No. Bundling them won't make it faster. The cause of the feeling, of course, includes all three, because approval is the cause of control, survival is the cause of approval. But **you release only the one you are more aware of at this moment.**

## [2020.9.30 From 入门 (entry) to what to release at the end]

**Wind:** Releasing emotions is the 入门 of learning the Release Method. That is, it lets you learn how to release, become familiar with the release process. After becoming familiar, **you release the two wants (wanting control and approval).** When the fear of death surfaces, **you release the fear of death.** That's it.

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## Page 148

**Wind:** (2020.12.12 10:45 PM) Basic desires drive emotions. Nine emotions drive hundreds of feelings. Feelings drive thousands of thoughts.

**Wind:** (10:46 PM)

- Wanting survival is the **tree root**.
- Wanting approval and control are the **trunk**.
- Emotions are **branches**.
- Feelings are **small branches**.
- Thoughts are **leaves**.

**Wind:** (10:47 PM) Cutting leaves one by one, how long will that take?

**Wind:** (10:48 PM) Lester Levenson said, if you release the nine emotional categories, like releasing fear, it will take hundreds or thousands of lifetimes.

**Wind:** (10:48 PM) That's just one emotion.

**Wind:** (10:48 PM) If you release thoughts, multiply hundreds or thousands of lifetimes by tens of millions.

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## Page 149

**Wind:** (10:52 PM) A **perfect map**.

**Wind:** (10:52 PM) If you change it slightly, you cannot be free.

**Wind:** (10:52 PM) Implement it, and you can be free.

**Wind:** (10:52 PM) It's that simple.

**Wind:** (10:53 PM) Releasing emotions also works, but **the three desires (wanting) are faster.**

**Wind:** (11:02 PM) Your current feeling, is it wanting control or wanting approval?

**Wind:** (11:02 PM) Can you allow yourself to be more aware of it?

**Wind:** (11:03 PM) Can you let it go?

**Wind:** (11:03 PM) These few sentences take a few seconds?

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## Page 150

**Wind:** Wanting to change is a type of wanting control.

- If you dislike something strongly, you want to change it.
- If you like something strongly, you want to maintain it, want to possess it.
- That is all **wanting control**.

A specific explanation of wanting control is "**you want the world to be as you want it to be**".

Wanting control is the most superficial want.

Why do you want to possess this, want to change that? Because you want approval.

Why do you want approval? Because you want security.

You feel that if others approve of you, you can survive.

Wanting security, survival, is the deepest wanting.

- Wanting survival developed wanting approval and wanting control.
  - Wanting approval and wanting control developed AGFLAP.
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## Page 156

**Wind:** (2020.10.22) Suppressed feelings continuously drive our subconscious thoughts in the subconscious. **mind is only creative**. Every thought manifests, whether you look at it or not.

Subconscious thoughts are merely those we don't look at now. We 程序化 (**program**) them, letting them operate automatically in the background.

So, suppressed feelings are also your feelings. They still drive those thoughts you don't want to see, automatically operating in the subconscious. Therefore, **don't suppress feelings, release them.**

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## Page 159

**Wind:** Listen to that "**get high to release**" and you'll understand. **you don't have to wait you down then release, get high to release.**

If you feel peace, release that "peace", you will feel even better. Try it.

Wanting to maintain this comfort is also wanting control.

If you don't release, you are suppressing. There is no so-called stillness.

**If you are not advancing, you are retreating.**

If you are not undoing your mind, making it quieter, then your mind is becoming noisier. Therefore, before reaching the end, you must keep releasing continuously, **make it constant.** This is precisely the Fourth Step.

Survival programs are your feelings. Feelings drive feelings. If you suppress them, hide them; if you don't suppress them, they are released.

If you release all feelings, that is, survival programs, everything ends, and you are free.

There is no intermediate point where you need to stop. So when a student asked him what to do, Lester Levenson said in the audio, "**you stopped. There is no stop in the six steps.**"

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## Page 160

(Wind below translates on the spot a passage from "**get high to release**" and shares it)

How many people release just to feel good? How long are you going to wait? That's your problem, you're not doing it.

What are you doing? You just want to stay on the good feeling, so you only release when you feel bad, so you can continue to get good feelings. Because there's only one kind of good feeling, it's the feeling after releasing.

After a while, you feel bad again, so you release to get a good feeling, repeatedly dragging out the whole process.

**If the purpose of release is freedom, a few months is enough to clear all the garbage. If release is to get out of 困境 (difficulties), then it becomes an extremely long process.**

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## Page 168

**Note:** Generally, when we mention "**get everything by releasing only**", regarding the understanding of "everything", we might often think of things like this, such as obtaining money, getting a certain item, restoring physical health, learning a foreign language, acquiring a certain talent or skill, obtaining some kind of superpower, etc...

Actually, "everything" does not only refer to a 阶段性 (**stage-by-stage**) goal. You can 放大 (**magnify**) your awareness of "everything" in any big or small matter, because at every moment we actually have things we want to achieve, like simply raising an arm, turning off a light.

Can we effortlessly let the arm raise automatically through release? The following dialogue where Wind guides group members to release may give you some inspiration on "**getting everything you want through release**".

**JianWang:** Wind, Lester Levenson used raising a hand to illustrate "get everything by releasing only". Can you demonstrate this?

**Wind:** Do you want to try? You can try now. What do you want to achieve? What's the next thing you want to do?

**JianWang:** For example, "raise my hand".

**Wind:** Mm, can you see if this is wanting control or wanting approval?

**JianWang:** Control.

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## Page 169

**Wind:** Did you let it go?

**JianWang:** Yes.

**Wind:** Is there any more?

**JianWang:** Still there.

**Wind:** Be aware of more. Has it left?

**JianWang:** More subtle ones are coming out.

**Wind:** Mm, keep releasing them. Do you see that as you release, you become less and less of a "doer"?

**JianWang:** The motivation to raise the hand slowly gets stronger. Okay, it naturally raised itself.

**Wind:** **That's it.** Anything, you achieve it through releasing. This is **get everything by releasing only.** Literally.

**JianWang:** Every move contains "control".

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## Page 187

### Step 4

**Step 4: Release continuously.**

Make release constant.

**[2020.10.18 Release continuously, without stopping]**

**Wind:** Step 4 is release continuously. **Continuous means continuous.** You do it the first time, then you can do it the second, third, fourth time... until the last time, reaching freedom.

Lester Levenson said "**there is no stop in the six steps**". There is no "stop" in the Six Steps. Continuous means continuous.

**[2020.10.24 Release continuously, make it a 常态 (normal state) like breathing]**

**Wind:** Let me explain Step 4, make release constant.

Because until now, **suppression has been your normal state.** So you ask "Does this need releasing? Does that need releasing?" Do you need to ask "Do I need to breathe?" Why don't you ask "Does this need suppressing?"

Because suppression is your normal state, release has 反而 (**on the contrary**) become your abnormal state. You need to make release a 常态 (**normal state**) at every moment, just like breathing.



Breathing wasn't automatic initially either. Including the internal organs of your body, initially you operated them consciously, only later did you hand them over to programs for automatic operation.

You don't necessarily have to do nothing, but **release cannot stop**. Once you stop, like an airplane stopping its takeoff run, you need to get it running again.

Lester Levenson said, **make release constant, let it become your new habit**.

First, use all the time you can for releasing to release. Then, you'll find you don't need to "do" anything; things happen naturally. You watch the body move. Therefore, you can release continuously without needing to divert attention to operate the body to do things.

Releasing is letting feelings surface and leave. Release once, new feelings emerge. You release again, this is called continuous release. If at this moment you don't let the feeling leave, but suppress it, this is called stopping. This point is simple.

**Whether you are releasing continuously, you yourself will know.**

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## Page 188

**[2020.11.28 Release once, again, and again, letting feelings surface and exit continuously all day long.]**

**Wind:** So-called continuous release means **you release once, release again, then release again**. When stuck, it's the same. Every time you're stuck, you want control. Release wanting control. Treat every stuck moment as the first time being stuck, and release.

If you really release continuously like this, reach a stage where you spend **more than 50% of your time releasing**. You'll find it surpasses the habit of suppression.

When it becomes your new habit, you'll find release is as natural as breathing. This 比喻 (**analogy**) of being as natural as breathing is just a metaphor. It doesn't mean release with your breath.

Lester Levenson described: Even when you are with others, you can **continuously release all day long, uninterruptedly**. You've probably all experienced (the state of) feelings continuously floating up and floating out, coming up and floating out. Must reach it, achieve this.

Really, there's too much "garbage". Occasional release also has some benefits. But, if you want to release it all, a lot of release, continuous release, look at the Six Steps. You must keep release continuous. **Continuously let (feelings) surface, discharge, all day long**. You become aware of a feeling and release it. It's a bit like sitting and watching it, watching it proceed continuously.

Floats up, floats out. Floats up, floats out, **won't stop.**

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## Page 190

**[2020.10.23 Release feelings, then release the next feelings. When releasing feelings becomes 常态 (normal), feelings will continuously surface and leave like waves.]**

**Zai Yan:** Wind, do you release like breathing usually? Do you still ask yourself questions like "Can I let it go?" Or do you release directly? Is your usual release like being in a state of continuous relaxation?

**Wind:** In the second week, feelings would continuously surface and then leave, like waves.

But when I stop, a glance at the Six Steps immediately lets me know which step has a problem, and then release resumes immediately. The process doesn't change, it just becomes more direct, with fewer operations.

I feel I'm continuously on the Six Steps. These six steps form a huge driving force, allowing release to continue. Insights occur frequently. At this time, you might be carried away by them. But as long as you continue to remind yourself of the Six Steps, you will continue to release and reach higher peaks.

**Susan:** No need to specifically recall certain events to 激发 (stimulate) emotions?

**Wind:** No need. Nothing not in the Six Steps is needed. Notice Step 3: "All feelings are wanting control and approval, release them." **All feelings means all feelings.** You must have feelings right now. They must be wanting control or approval. You can certainly release them.

You can use this method anytime. It's very simple. Enter the Six Steps. Step 3: At this moment, is your feeling wanting control or wanting approval? Release them. Step 4: Release continuously, make it 常态 (normal).

When you release once, your feeling rises. At this time, new feelings emerge. Are they still feelings? Of course they are. Are they still wanting control and approval? Of course they are. Therefore, **you can continue releasing.**

Release again, your feelings rise again. The emerging feelings are still wanting control and approval. You can still release them using the process again. **It's that simple.**

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## Page 196

**[2020.10.23 The importance of continuous release is like an airplane taking off]**

**Zhaoyan:** Wind, has the amount you released in these two weeks surpassed the amount in the past two years?

**Wind:** It's not about the amount, it's about 惯性 (**inertia**). Release is like an airplane taking off. If you run and stop repeatedly, you'll never fly. **Only when you rush forward continuously can you accelerate to the point of taking off.**

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## Page 197

[2020.10.22]

**Budongxin:** (19:45:18) @Wind Wind, may I ask, when you release to a certain level, like you, do you use the process step by step, or as soon as you are aware of any wanting, it leaves, and you no longer need to ask the questions?

**Wind:** (19:46:30) **floats up and out.**

**Wind:** (19:48:21) Like waves surfacing and then leaving.

**Wind:** (19:48:21) After releasing for a while, **the momentum becomes very strong.** As long as you make a decision to release, it will carry you forward.

**Wind:** (19:49:17) You don't need to work as hard as before.

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## Page 220

### Step 5

**Step 5: When you are stuck, let go of wanting to change the stuckness.**

If you get stuck. let go of the wanting to change the stuckness.

**[2020.10.18 The only reason for getting stuck is wanting control]**

**Wind:** The Fifth Step is a very important step. When you are stuck, the only reason is **wanting control.** It's that simple. Release the wanting control over the stuckness, and you will be unstuck.

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## Page 222

**Hale Dwoskin:** If you really get stuck somewhere, **release the desire to control or change this stuck situation.**

This step is extremely important. It is the safety valve of The Sedona Method, the guarantee that pulls you back when you go astray.

Especially remember: When we try to change or control what we feel or think, we 容易 (**easily**) get stuck. Therefore, when we release the desire to change or control our current feelings, our overall state will 随之 (**subsequently**) change.

Very simple, if you encounter the following situations, **release the desire to change or control this situation.**

- Too many feelings, can't bear it.
  - Getting further and further from release.
  - You forgot about releasing.
  - You feel you just can't let go.
  - You can't accurately grasp your current feelings.
  - You feel a certain thought or behavior pattern is particularly difficult to release.
  - You want to skip the process and release quickly.
- 

## Page 223

[2020.10.24 Face, allow, release]

**Wind:** Don't 逃避 (**escape**) the feeling of being stuck. **Allow it to be there.** The feeling of being stuck is just a kind of wanting control. **Release this wanting control.** The direction of release is inward, not outward. The feeling of being stuck is caused by wanting to control the stuckness. **Release this wanting control, and you will be unstuck.** The process of release is very simple. Don't complicate it. Just follow the Six Steps. **The Fifth Step is for when you are stuck: release wanting control over the stuckness.**

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## Page 224

[2020.10.18 Because you want to 逃避 (**escape**) the feeling, you put a layer of vague feeling over it. Release the wanting to change, and the feeling will become clear.]

**Wind:** When you have a **vague feeling**, it's because you are 逃避ing the real feeling. You are putting a layer of vagueness over it to avoid facing it. The reason you 逃避 is that you don't want to face it. You want to change it. You want it to go away. This wanting to change is wanting control. **Release this wanting to change, and the vague feeling will become clear.**

(Quoting Lester Levenson from THE WAY Part 1) Talk to the workshop instructor and let him guide you, or you continuously release the stuck feeling. See that when you don't release the stuck feeling, you let it continue to operate, which causes you to remain stuck. If the feeling is vague, it's because you are **逃避ing** it. You want to change it. So **release the wanting to change this vague feeling**. When you release the wanting to change, the feeling will become clear.

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## Page 225

If the feeling is still vague, release again. Release the wanting to change the vagueness. Keep releasing until the feeling becomes clear. When the feeling becomes clear, you can then release it directly. This is the **elementary way**. It's very simple. **Just release the wanting to change**.

**Wind:** This is from elementary way. It's very simple. The key is to see if you are wanting to change the stuckness or the vagueness. If yes, release that wanting to change.

(Quoting Lester Levenson from THE WAY Part 1) Just release the stuck feeling, or even the vague feeling. You may not even be able to see it because you are trying to **逃避 (escape)** it, or at least want to change this vague feeling – whatever it is. After it leaves, you will have the ability to approach the fear of death again.

This is the **advanced way**. The elementary way is simpler.

**I am Infinity:** Releasing the wanting to change the stuckness is like removing a **遮蓋 (covering)**. Once the covering is removed, the real feeling underneath will naturally surface, and then you can release it.

**Wind:** Yes. This is what Lester Levenson said. The Fifth Step is for when you are stuck. Release the wanting to change the stuckness. This will unstuck you.

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## Page 240

**[2020.11.10 What to do when very angry and unable to release]**

**Shuxin:** I'm very angry right now. I want to release, but I can't. What should I do?

**Wind:** **Allow the anger to be there**. Don't suppress it. Don't **逃避 (escape)** it. Just allow it.

**Shuxin:** But it's very uncomfortable.

**Wind:** Release the wanting to change this discomfort. Release the wanting to make the anger go away.

**Shuxin:** Just release the wanting to change?

**Wind:** Yes. Don't try to change the anger. Just allow it. Release the wanting to change it. When you release the wanting to change, the anger will naturally dissipate.

(Wind below quotes two passages from Lester Levenson)

We now spend 99% of our time in the subconscious mind, suppressing the accumulated feelings of the past. If all the anger surfaced at once, we would completely lose control, might hurt someone. Therefore, it is necessary for us to suppress that accumulated anger.

The same goes for grief. If grief surfaced all at once, we would be overwhelmed by it, to the point where we couldn't control ourselves.

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## Page 245

This applies to all emotions. There is so much accumulated emotion from the past that we must spend the vast majority of our time suppressing this pressure.

I call it pressure because every subconscious feeling wants to surface and express itself. We let it surface very carefully, and let go of control, release the compulsion and drive in the subconscious, and discharge them.

...

This technique first shows you the whole picture of the mind and emotions, and how they relate. This technique allows your subconscious mind to surface, from where we don't look, to surfacing in front of you – so you can do something about it.

It shows the four things we can do with emotions and feelings. The worst thing we can do is **suppress**. The second, slightly less bad thing, is 逃避 (**escape**). The third thing we can do, starting to release from suppression, is to **express** your feelings or emotions. The fourth thing is what we are going to do, which is to **discharge** your suppressed emotions.

——**About Releasing (1)** Audio content from Lester Levenson's early days of creating the Release Method

**Wind:** So, don't be afraid of anger. Allow it to surface. But don't express it blindly. Allow it to surface within you, and then release it. This is the correct process. Don't suppress it.

**Mu:** I understand.

**Wind:** When anger comes, just allow it to be there. Release the wanting to change it. Then it will go away on its own.

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## Page 249

**[2020.11.10 Expression is the beginning of release. When any emotion or feeling comes out, if you resist it, you are not allowing it to express. Allowing it to express can bring it out for release.]**

**Wind: Expression is the beginning of releasing suppressed feelings.** If you don't allow expression, you are suppressing. If you suppress, you can't release. So, allowing expression is very important. But the key is still release. Expression is just the first step. Release is the final step.

**I am Infinity:** Allowing feelings to express without interfering, letting them come out completely, sounds simple. But is it really that simple?

**Wind:** It is simple. Expression is the beginning of releasing suppressed feelings.

**I am Infinity:** So, as long as I allow expression, the release process will automatically happen?

**Wind:** Yes, that's the idea.

**I am Infinity:** Got it.

**Wind:** Another point is that when you allow expression, you might find that the feeling naturally releases itself. You don't need to do anything. Just allow it. So, allowing expression is a very important part of release.

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## Page 250

Don't be afraid of expression. Don't suppress it. **Allowing expression is allowing release.**

**I am Infinity:** So the key is not to interfere.

**Wind:** Yes. Don't interfere with the natural flow of feelings.

**I am Infinity:** Got it.

**Wind:** When feelings are allowed to express, they will naturally surface and leave. This is the natural process of release. So, **don't interfere. Just allow.**

## Page 251

### Step 6

**[2020.10.24 Use the Sixth Step to verify the feeling of release. Each release can bring ease and joy.]**

Each time you release, you should feel happier and lighter. If you don't, then you haven't truly released. You may have suppressed. So, use the Sixth Step to check yourself. Keep releasing until you feel happier and lighter.

**Step 6: Each time you release, you are happier, lighter, and freer. As you release, you become happier, lighter, and freer.**

Each time you release, you are happier and lighter. You have more motivation to go free.

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## Page 260

**[2020.10.22 Releasing the feelings that cover your true nature naturally brings joy.]**

You can use the Sixth Step to confirm your own release. If you don't feel happier and lighter, then you haven't truly released. **True release always brings joy and lightness.** Because you are removing the 遮盖 (coverings) of your true nature.

**[2020.10.22 The joy and freedom brought by each release naturally makes you want to continue.]**

Don't force yourself to release. That's wanting control. The Sixth Step tells you that each release brings joy and freedom. This joy and freedom naturally makes you want to continue releasing. So, continuous release is not forced. It's natural. Because you see the benefits. Each release brings more joy and freedom. So you naturally want to release more.

**[2020.10.23 Each release brings more ease and joy.]**

The Sixth Step is very important. It tells you that each release brings more ease and joy. If you don't feel this, then you haven't truly released. You may have suppressed. So, **always check yourself with the Sixth Step.**

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## Page 261

**[2020.10.18 The sense of freedom brought by the Sixth Step strengthens the First Step's desire for freedom.]**

The Sixth Step is a very important step. It gives you a taste of freedom. It shows you that freedom is possible. This taste of freedom strengthens your desire for freedom (First Step). So, the Six Steps work together. They reinforce each other. Follow all Six Steps, and you will definitely reach freedom.

**[2020.11.20 Use the Sixth Step to promote the First Step, gradually 转向 (turn direction).]**

**Tiancheng:** So the key is to implement the Six Steps.

**Wind:** Implement the Six Steps. **The Sixth Step promotes the First Step.** It's a complete cycle. Each release brings you more joy and lightness. This joy and lightness makes you want freedom more. This wanting freedom more makes you release more. This is a **positive feedback loop**. The only source of true joy is releasing. All worldly joys are temporary and ultimately lead to pain. So, the direction of the world is towards pain. The direction of release is towards freedom. So, when you achieve the First Step, you will automatically fall into the last five steps. **Pay attention to the Sixth Step. The ease and joy brought by release greatly promote the First Step.**

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## Page 262

**[2020.10.22 Reminding yourself of the Sixth Step each time you release greatly accelerates the release progress.]**

If you want freedom, you need to follow the Six Steps. The Sixth Step tells you that each release brings you closer to freedom. If you don't feel this, then you are not releasing correctly. So, always check yourself with the Sixth Step. Implement the Six Steps. The Sixth Step tells you that each release brings you closer to freedom. This is very important. If you don't feel happier and lighter after releasing, then you haven't truly released. You may have suppressed. So, **always use the Sixth Step to verify your release**. This will ensure you are on the right track. The key is to want freedom. The direction is inward. The First Step is wanting freedom. The Sixth Step is the confirmation that you are moving in that direction. If you want freedom, you will release. If you release, you will feel happier and lighter. This happiness and lightness confirms that you are moving towards freedom. So, it's a **self-verifying process**. If you don't feel happier and lighter, then you are not moving towards freedom. You are moving towards limitation. So, always check yourself. Don't deceive yourself. **Release until you feel happier and lighter.**

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## Page 263

[2020.10.23 What to do if you don't feel joy after releasing?]

**I am Infinity:** What about the Sixth Step?

**Wind:** You should feel happier and lighter after releasing.

**I am Infinity:** What if I don't?

**Wind:** Then you haven't truly released. You may have suppressed. So, release again.

**Release the wanting to control the release. Release the wanting to achieve a result.** If you are trying to force a result, you are wanting control. Release that wanting control. The Sixth Step is a guide. It tells you what true release feels like. If you don't feel it, then you are not releasing correctly. So, go back to the process. Start again. Be aware of your current feeling. Is it wanting control or wanting approval? Release it. Check again. Do you feel happier and lighter? If not, repeat. This is the process. **Release is the only way to freedom.** There is no other way. So, just keep releasing. Don't give up. Keep releasing until you feel the joy and lightness. This joy and lightness is the sign that you are on the right track. It is the confirmation of the Sixth Step. So, **use the Sixth Step to guide you.** It is your compass. Follow it, and you will reach freedom.

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## Page 264

[2020.9.19 True release brings joy every time.]

**Wind: True release always brings joy and lightness.** Each time you truly release, you should feel a wave of joy and lightness. This is the sign of true release.

**Suile:** So, I should feel joy every time?

**Wind:** Yes. If you don't feel joy, then you haven't truly released. You may have suppressed. So, the key is to **release until you feel joy.** Don't settle for less.

**Suile:** What if I don't feel joy?

**Wind:** Then you are not releasing. You are just **letting up and letting go of the suppression temporarily.** Letting up is not releasing. It's just a temporary relief. True release brings lasting joy and lightness. So, don't be satisfied with just letting up. Keep releasing until you feel the joy. Don't deceive yourself. Don't settle for less. True release is unmistakable. It brings a wave of joy and lightness that is undeniable. If you don't feel that, you haven't released. So, keep releasing until you do.

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## Page 265

**[2020.10.21 Continuously release your feelings, continuously become lighter and happier.]**

Continuous release is the key. Each time you release, you should feel lighter and happier. If you keep releasing continuously, you will continuously become lighter and happier. This lightness and happiness is the sign that you are on the right track. It is the confirmation of the Sixth Step. So, don't stop. Keep releasing until you reach ultimate freedom.

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## Page 266

**[2020.12.3 Continuous release cannot be achieved by force. Continuous release is based on the ease and joy brought by the Sixth Step.]**

You cannot force yourself to release continuously. Continuous release is not forced. It is natural. The continuity of the Six Steps is based on the ease and joy of the Sixth Step. If you follow the Six Steps, the Sixth Step will naturally carry you forward. So, **just follow the Six Steps. Don't force. Just allow.**

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## Page 267

**[2020.11.17 You cannot force yourself to release. You only release when you see the benefits. So, constantly 确认 (confirm) your gains from release and your direction.]**

Follow the Six Steps. Use the Sixth Step. The Sixth Step tells you the benefits of release. Continuous release is not about forcing yourself. It's about seeing the benefits each time. The Sixth Step tells you that each release brings more ease and joy. This ease and joy naturally makes you want to release more. So, my method is to **constantly confirm my gains and my direction**. What do you want to get from listening to music? Can you get it from releasing? Try it. Constantly confirming your gains allows you to maintain continuous release. If you say "I must, I must release, I cannot listen to music", this won't work, because one direction of your subconscious is to listen to music, and you are suppressing it. Your conscious and subconscious are in conflict. If you don't look at it, it won't succeed. The only source of true happiness is within. All worldly pleasures are just substitutes. So, the key is to discover this for yourself. When you discover that all true happiness comes from within, you will naturally turn inward. This turning inward is the First Step. So, the way to achieve the First Step is through the Sixth Step. Constantly confirm your gains. This will gradually turn your direction inward. This is the process. It's very simple. So, the complete method is to follow the Six Steps. Don't add anything. Just follow them.

(Wind then shares two private chat images with Aheng, the content is as follows)

**Star of Bethlehem:** Last night I spent the whole night 用力 (**forcing or effort**) release, not much 收获 (**gain**) . Only when I relaxed did I get some gain.

**Wind:** You see, forcing release violates the Sixth Step. You are trying to control.

**Star of Bethlehem:** Absolutely (laughs).

**Wind:** So it won't happen.

**Star of Bethlehem:** Only today did I stop and relax a bit.

**Wind:** I noticed one thing: when stuck, you actually want to control.

**Star of Bethlehem:** Only wanting to control causes getting stuck (laughs).

**Wind:** But the way you try to achieve your goal is by using the mind to struggle against it. This is not "get everything by releasing only". You are trying to do release using worldly struggle methods.

**Star of Bethlehem:** Constantly fighting, fighting, fighting. I find mutual reminding is really good.

The key is to keep it simple. Don't complicate it. The Six Steps are the complete map. Just follow them. If you follow them, you will definitely reach freedom. So, keep it simple. Don't add anything extra. Just release continuously. It's that simple.

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## Page 273

**The Six Steps are the complete map. Nothing else is needed. If you follow the Six Steps, you will definitely reach freedom.** Each step is important. Don't miss any step. If you miss one, you won't reach freedom. So, **implement the Six Steps**. Keep it simple. Don't complicate it. The only thing that can prevent you from reaching freedom is yourself. **Don't stop. Keep releasing until you reach freedom.**

——Wind

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## Page 328

**Keep It Simple**

**Just Implement the Six Steps of Lester Levenson**

**Go All The Way (Freedom)**

## ——Wind

[ Document: Wind (Feng) 's condensed version on Lester Levenson – Lester Levenson Six Steps – Lester Levenson ( Original 1992 Sedona Method ) ]

[ THE END of Condensed Version ]

[file name]:

Wind - Feng - Talk – Lester Levenson  
- Lester Levenson 's Six Steps –  
Lester Levenson – TSM – The  
Sedona Method Release Technique –  
WeChat Screenshots and Images from  
Wind (Feng) chat logs.pdf

Condensed Version from Screenshots –  
Version 3.4 – All Images and WeChat Screenshots of Wind  
(Feng ) in WeChat Weixin Groups “Shortcuts to Freedom” and  
“TSM The Original Sedona Method Release Diamond Island”

Note: some of the images and Weixin (WeChat) screenshots  
embedded in the documents 01 to 05 were not translated so  
this document provides translation for the images.

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Source ( Github ):

<https://github.com/deng-bowen/6-steps/blob/main>

<https://drive.google.com/drive/folders/1WICTqnPtCVDKt8gc2YVA4fpBWee4QHac?usp=sharing>

## **People mentioned in this document:**

**Wind ( Feng 风 / 風 in Chinese )**

**Lester Levenson (1909-1994)**

**Lester Levenson (The Sedona Method / The Release Method Technique)**

**The Sedona Method by Lester Levenson**

**The Sedona Method Release Technique**

**Wind ( Feng ) on Six Steps of Lester Levenson**

**Wind ( Feng ) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom**

**Hale Dwoskin (The Sedona Method)**

**Larry Crane - Lawrence Crane ( The Release Technique )**

**Stephen Seretan**

**Ralph Zeitlin**

**David Hawkins MD PhD (author of book 'Letting go')**

**Buddha**

**Yogananda**

**Jesus**

PS. This document is translated from Chinese to English, with the assistance of DeepSeek in February 2026.

**[ Wind - Feng - - Lester Levenson (The Sedona Method) – Lester Levenson (Six Steps) Screenshots WeChat content – BEGIN ]**

[file name]: WeChat Screenshots -- Wind - Feng - Talk - Lester Levenson The Sedona Method Release - Lester Levenson Six Steps .pdf

## Summary

### Six Steps to Freedom ( Lester Levenson ) :

1. Want freedom more than anything else.
2. Make the decision to go free.
3. All feelings culminate in two wants: wanting of approval and wanting of control; these are survival mechanisms. Release (let go of) them.
4. Continuous release 24/7 .
5. When you get stuck, release the desire to change the feeling of being stuck or the vague feeling.
6. Each time you release, you feel happier, lighter, and more liberated. With each release, you become increasingly joyful, relaxed, and liberated. You have more momentum to go free.

There are no stops in six steps.

Most simplified version from Lester Levenson:

**Release all feelings, your mind quiets, and you are there.**

Wind:

As long as it is a feeling, it can be released, and after being released, the inner attitude is completely different from before. Keep it simple, apply 6 steps all the way to Freedom.

[file content begin]

**Translator's Note:** This translation prioritizes the core teachings of Lester Levenson and the Sedona Method. The original text contains informal chat logs. The translation aims to convey the meaning clearly and directly, using terminology consistent with Lester Levenson's teachings and The Sedona Method (e.g., "release," "wanting control," "wanting approval," "wanting security," "imperturbability," "Infinite Being"). Chinese cultural references and idioms are translated for meaning.



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Part 1 of 3

[File Name]: v4 -- part 1 of 3 -- Wind chat log on Lester Levenson and The Original 1992 Sedona Method and Lester Levenson Six Steps.pdf

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===== Page 1 =====

The outside world is originally a projection of yourself. If you are disturbed, it only means you wanted to be disturbed. You used your thoughts to create the situation that disturbed you.

===== Page 2 =====

**Wind 2021-01-05 11:51:50** At the mental level, you create an image, and you develop the astral body. That's possible, but you wouldn't do it. You just wouldn't do it, not because there's an "I cannot."

===== Page 3 =====

**Wind 2021-01-05 11:51:25** Of course, because the astral body is mental, emotional, and made of life particles.

===== Page 4 =====

**Wind 2021-01-05 11:49:52** matrix – This is a word Lester used. The physical body is projected by the astral body, not the other way around.

===== Page 5 =====

**Wind 2021-01-05 10:59:35**

===== Page 6 =====

You always have to face those suppressed feelings of aversion because there is a more superficial 'you' that hasn't recognized them. You cannot bypass the surface feeling to release what's underneath. That would be trying to suppress. Don't go looking for it.

===== Page 7 =====

**Q:** How do I release the feeling of impossibility?

**Wind:** The feeling of impossibility is also just a feeling. Same process. The fastest way is to release the three core wants. How could you have no feelings at all? This is the same question. It's impossible for you to have no feelings. Unless you are already completely free, you are infinite existence. "No feeling" is also a feeling. A vague, unclear feeling. Just continue releasing it.

**Q:** This one is the hardest to release.

**Wind:** Relax. Treat it as a simple sensation to release.

#### ===== Page 8 =====

**Q:** Isn't wanting a feeling of effort?

**Wind:** Wanting is just wanting.

**Q:** Is wanting a feeling of grasping?

**Wind:** Wanting control is often accompanied by a feeling of effort. Wanting approval means you want to be approved of by others, want to be understood, want to be praised, want to be loved... These concepts are already simple enough, so don't analyze them. Explaining one concept with a series of other concepts is just a game of the mind. Translating words doesn't give you the experience.

#### ===== Page 9 =====

**Wind:** Try to answer those questions intuitively as much as possible. Feel your wanting. Ask yourself, is it wanting control or wanting approval?

**Q:** Wanting to eat something

**Wind:** Answer intuitively.

**Q:** Control

**Wind:** Good, allow yourself to become more aware of this wanting control. Then ask yourself, can I let it go? This completes the process.

#### ===== Page 10 =====

**Q:** If we take this state of wanting to eat as an example.

#### ===== Page 11 =====

### The Complete Process

First, you need to relax your body. Once you notice you are using effort while releasing, you need to stop and relax your body. Do this every time you feel yourself squeezing with effort.

Because many people, due to past wrong habits, are used to using effort. If you try to look for a feeling while releasing, you are actually avoiding the feeling of the present moment. You are avoiding the feeling of the present moment twenty-four hours a day.

**===== Page 12 =====**

**Wind 2021-07-26 18:11:58** wants is just wanting

**===== Page 13 =====**

Even if your goal is harmful, it will become harmless during the releasing process. Your goal will transform because no one truly wants to harm others. Harming others is harming yourself.

**===== Page 14 =====**

The only barrier Why isn't it want instead of feelings?

**Wind 2021-07-26 18:09:05** Because wants are also feelings

**Yitian 2021-07-26 18:11:45** Can want be said to be the feeling of insecurity?

**===== Page 15 =====**

The emotion chart is a tool. When you can't feel the want directly, you first feel the emotion, and then feel the want driving it. When you feel the want directly, you don't need to go back to feeling the emotion. These are all covered in the course.

**===== Page 16 =====**

**Wind 2021-07-26 17:31:29** Let the feeling come out.

Then, identify whether it's wanting control, wanting approval, or wanting security. Allow it to leave. You release whatever feeling you become aware of. If you can't feel an emotion, you can use this method to help you feel it.

**===== Page 17 =====**

But once you become aware of the want and have already released it, why would you go looking for tools everywhere? [Laughter]

Course videos, workbook, use them when you need them. But ultimately, you only need the Six Steps. When you only need this one tool, the Six Steps, you are on your way.

**===== Page 18 =====**

Towards the end of the course, questions are already very few. Question sentences are tools. When you need to use them, of course, pick them up and use them.

===== Page 19 =====

China Unicom 4G 4:36 PM 38% Group Chat

**Wind (Release Method Wind)** The message he sent me on November 2nd

**Wind (Release Method Wind)** He also knew I studied in Melbourne

**Wind (Release Method Wind)** He had been following me for a few years

**Wind (Release Method Wind)** Meaning he was around me

**Wind (Release Method Wind)** I must have been his student in a past life

**Wind (Release Method Wind)** He helped me a few years ago

**Wind (Release Method Wind)** He told me he infused some inspiration about the Six Steps into my causal body

**Wind (Release Method Wind)** So I could use them

**Wind (Release Method Wind)** 9:20 PM

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**Original Sedona Release Method >**

**Wind 2020-10-12 09:20:17**

Learning through release examples is the easiest method. To understand how the process works, the best way is to experience it yourself, see how others do it, follow along yourself, or have someone guide you. You'll learn quickly. That's why you'll see the Sedona Institute teaches very little theory, and the practical part is entirely example-based. The eight videos are constantly showing you how others release.

There's one phrase worth emphasizing: **stir up**. This will be used often in later videos for guidance. What is the current feeling? What want does it **stir up** (evoke)? Because the previously used phrase "comes from what want" might make people subconsciously use their minds to analyze the cause. So, this can be highlighted. You can use **stir up**. Look at your current feeling. See what want it stirs up: wanting control, wanting approval, or wanting security.

**Group member "Jing Di":** I feel like I still don't know how to release. How do I allow the want to leave? If I allow it to leave, will it definitely leave?

**"Wind":** Yes, it wants to push itself out. You just need to let go of the force of suppression.

**"Jing Di":** I understand intellectually, but I don't know how to do it myself.

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*Ekamantam thitā kho sā devatā bhagavantam etadavoca – "katham nu tvaṃ, mārisa, oghamatarīti? 'Appatiṭṭham khvāham, āvuso, anāyūham oghamatarī'nti. 'Yathā katham pana tvaṃ, mārisa, appatiṭṭham anāyūham oghamatarīti? 'Yadākhvāham, āvuso, santiṭṭhāmi tadāssu saṃsīdāmi; yadākhvāham, āvuso, āyūhāmi tadāssu nibbuhāmi [nivuyhāmi (syā. kam. ka.)]. Evam khvāham, āvuso, appatiṭṭham anāyūham oghamatarī'nti.*

### Translation:

Standing to one side, that deva said to the Blessed One:

“How is it, dear sir, that you crossed the flood?”

“I crossed the flood, friend, by not taking a stand and by not striving.”

“But how, dear sir, did you cross the flood without taking a stand and without striving?”

“When I tried to stand, I sank.

When I tried to struggle and push forward, I was swept away.

Thus, friend, by not taking a stand and by not striving, I crossed the flood.”

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In other terminology:

- “Taking a stand” can be understood as psychological resistance — the ego trying to establish a fixed position ( wanting control ).
- “Striving” can be understood as compulsive doing — the ego’s effortful attempt to force outcomes. ( wanting control )
- “Crossing the flood” points to awakening through Releasing (Letting go) – Presence.
- The crossing happens through non-resistance and non-striving — abiding as aware Presence rather than reacting as ego.

It describes awakening not through force, but through effortless Presence.

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### Your Ticket to Imperturbability

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## YOUR TICKET TO IMPERTURBABILITY

Carry out these three things and you will quickly reach Imperturbability.

1. Release only the three wants.
2. Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.
3. Make it a Do It Yourself Tool.

You now have all you need to go all the way to imperturbability.

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It's always like this in the beginning. They surface, but get stuck when you try to allow them to leave. Every time you allow them to leave, they get stuck. Step, get stuck. Step, get stuck. Follow what "Wind" said: treat this just like any other feeling. Continuously remind yourself they are just feelings. Gradually, you'll be able to maintain a state of 'coasting,' letting them release automatically. When enough of these basic feelings are released, the feeling underneath them surfaces: the feeling of fear of death.

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"How are you feeling now?" "Wow, very good, but it seems like there's still some there." "So, can you allow them to come out?" "I can try." I remember a chat log I had before about this.

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## Wind

Lester talked about **isolate** elsewhere.

You can only isolate in one place, and that's by letting the mind be quiet.

You cannot isolate by isolating from the external.

get everything isolation it go! by releasing only

He explained what isolation is in other audio recordings. Lester's in Chapter... of *The Ultimate Freedom Path*

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Here Lester says, by clearing away the **agflap**, you can master the mind. At this point, the mind still remains, right?

You must release wanting control and approval to remove all **agflap**.

Release the fear of death.

It's like many people ask, why release like this?

Release the fear of death to clear away the entire mind.

Because it's not the top. '**car**' refers to sex.

Yes.

No, don't misunderstand this point.

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### **Release Method Practice Support Group (58)**

**Jin** You're welcome

**Jin** 7:55 AM

**Tong**

**Zi** 8:20 AM

**A Thousand Miles on the Road of Love** *Xiao Juan & Shan Gu Li De Ju Min*

QQ Music

**let it go!** 8:30 AM

**get everything by releasing only**

Doesn't the 'cap' at the end need to be removed?

**Tian Cheng:** What is mastering the mind? Remove your **agflap**, that's all. Then you truly...

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"No feeling," a vague, unclear feeling – it's just you avoiding the feeling. It's not that there's really no feeling.

===== Page 30 =====

It's just accompanying physical sensations. "No feeling" is a vague, unclear feeling. Or an indistinct feeling. Consciously pay attention to your vague, unclear feeling. This will be very helpful. First, just notice it. Don't be in such a hurry. If, when you try to feel, your feeling is "no feeling," don't go looking for another feeling. Just allow this "no feeling" to be here. But

first, don't do that. First, pay attention to this "no feeling," or this feeling of blankness. Consciously notice it until you recognize it as a feeling.

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**Sui Le 2021-01-11 22:27:11** @Wind When releasing, the energy flows to the edge and then stops. It doesn't flow out and disappear; it should be dissolving, right? Is this being stuck?

**Wind 2021-01-11 22:27:14** Yes, every release will make you **move up**. This is being stuck. In fact, if you focus too much on physical sensations, you will get stuck. Because feeling (psychological level) is something on the psychological level. What you truly release is this. The physical sensations you experience – coolness, heat, energy dissipating, tightness becoming smooth – are all side effects accompanying emotional release. There will be some effect, you will release a little, but it's far less powerful than the release process. **get everything by releasing only**. As long as there is a want, obtain it through release. Feelings drive thoughts. Wanting is a core feeling. For example, the exercises in the workbook: "In what situations do you want to gain control?" "In what situations do you want to gain approval?" Doing these exercises is feasible. Pay attention to psychological feelings, not physical sensations.

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**Wind 2021-01-11 22:15:28** Release towards it. Release when you notice it. Releasing is very simple, very easy. Release is not an activity that requires you to expend great effort. Some people might have misconceptions about release due to past incorrect practice methods. Accept unclear feelings. An unclear feeling is a type of feeling. This needs to be recognized. There is never a time when you have no feeling. You only have times when you don't recognize a feeling as a feeling. Lester specifically mentioned this **vague feeling**. An unclear, vague feeling.

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First, you need to relax your body. Once you notice you are using effort while releasing, you need to stop and relax your body. Because many people, due to past wrong habits, are used to using effort. If you try to look for a feeling while releasing, you are actually avoiding the feeling of the present moment. You are avoiding the feeling of the present moment twenty-four hours a day.

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Outside, there is only your thought. At the beginning, you are still creating some events, but it's your own desires disturbing you. As you release further, especially when you focus on releasing the fear of death, wanting control and approval will mostly leave. The world will not disturb you at all.

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**Tian Cheng 07:17:49**



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Is your current feeling wanting control or wanting approval? Can you allow yourself to become more aware of it? Can you let it go?

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I'm trying to elevate you from kindergarten to graduate level. — Lester

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**Wind 2020-12-31 21:07:55** Don't overthink it, just release.

**Student (Hai Er):** I have a question. How do you make yourself reach the state of not being the doer?

**Lester:** Me? I just say "I am not the doer," that's all.

**Student (Hai Er):** That's you. How do I do it?

**Lester:** Practice. Of course, the best way is what I said before: release. When you release, you are not the doer. Sometimes this answer troubles you all (laughter).

Sometimes this answer is really troubling, but indeed, just release, no need for anything else.

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**Wind 2020-12-31 21:06:20** You can release while doing anything. You can give it a try.

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You can control. Release wanting control, and you'll be able to control better.

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**2020-12-31 21:02:19**

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Write down what you truly want, no matter how impossible it seems. Use the fourth guideline.

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Learning the release process is for implementing the Six Steps. There are two release processes. The first is the process for releasing emotions. It's for beginners, letting you

experience release. After learning to release emotions – the course schedules two days for this – you then learn to release wants. Releasing emotions is a step towards releasing wants. After learning to release wants, you then study the content of **THE WAY**. The content of **THE WAY** is all about the six steps. Other advanced content also elaborates on the six steps.

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You must experience it. One of the best practices is to **get everything by releasing**. Otherwise, you will always retain the possibility of seeking happiness from other things in the world. If you cannot experience that the source of all happiness comes from within, you cannot fully accomplish the first step. Shouting slogans is useless.

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**Wind 2020-12-29 14:06:13** How many people on Earth do you think are 趋向自由 (moving towards freedom)? In this Degenerate Age (Kali Yuga), not many people are 趋向自由. Groups gathering under spiritual banners are not people who want freedom; this is a huge misunderstanding.

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**Wind**, So by releasing and identifying with the True Self, programs, karma, destiny, horoscopes, etc., all become invalid, right?

**Wind 2020-12-29 14:03:07** Yes, as long as you release continuously for a few days, all astrology and fate calculations will become completely ineffective for you.

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Sometimes it's useful, but if you don't consciously release, you will remain stuck. Don't turn it into a kind of "awareness method."

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The process of releasing is an experience, not a mental idea. Practice the process more. Allow yourself to feel your emotions, then use the questions. The questions don't need to be understood; just ask them.

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**Wind 2020-12-29 13:00:06** You're stuck. First, allow the feeling of being stuck to express itself. Let yourself feel the stuck feeling.

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When the stuck feeling surfaces, don't try to suppress it, and don't try to distract yourself or take a break before releasing. If you avoid the stuck feeling or suppress it into the subconscious, it will continue to run you.

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Release the want, and you will feel that having your goal is very simple. Look at your feeling towards the goal, and then release.

**===== Page 52 =====**

**Wind 2020-12-29 11:49:00** Being stuck is just a feeling. Feel the stuck feeling, and then feel the wanting control towards it. You can feel stuck. It is also just a feeling. At the same time, you can feel the wanting control towards it.

**===== Page 53 =====**

Obviously, you want to change a certain situation. This feeling is the wanting to change.

**===== Page 54 =====**

**Wind 2020-12-29 11:48:16** You have emotions at all times. If the emotions are not obvious, it's called a "vague, unclear feeling."

**===== Page 55 =====**

**Do you want freedom? Make the decision for freedom, and then you start releasing.** Release your wanting control and approval, release continuously. When you get stuck, release the wanting to change it. Every release will make you happier and lighter. The Six Steps are everything. There is nothing more to the Release Method.

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**Wind 2020-12-29 11:43:46** Do you like being stuck?

**Jerro 2020-12-29 11:44:05** I can see that my chest is full of wanting control, wanting control, but I just can't let them go [crying]. Asking myself if I want to change this stuckness, the answer is "not really wanting to change." Then I can't proceed. Help @Wind

**Wind 2020-12-29 11:44:52** Do you like being stuck?

**Jerro 2020-12-29 11:45:16** Seems like I don't dislike it.

**Wind 2020-12-29 11:45:30** Then can you decide to let it go?

**Jerro 2020-12-29 11:46:01** Don't dislike it, yet still let it go... Emmm, I really want to cry.

**Wind 2020-12-29 11:46:22** Do you want to feel better?

**Jerro 2020-12-29 11:46:57** Crying [crying][crying][crying], don't know [crying][crying]

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Step one, consciously control matter. Whether we are aware of it or not, we are always controlling matter. It is impossible not to be a creator. Everyone creates every day. The reason we are not aware of it is that we don't look at it. We manifest or create everything we have. Every thought, every single thought, manifests in this physical world. If you think a thought and then think the opposite thought with equal force immediately after, the first thought is neutralized. Any thought that is not immediately reversed and neutralized after it is generated will manifest in the future.

Every single thought manifests, as long as you don't neutralize it. An opposite thought will neutralize the previous one. If you say "I have a perfect body," and the next thought is "That's impossible," the previous thought is canceled. Therefore, you need to release the subconscious programs that drive your thoughts.

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What I mean is, in that state, you can dematerialize (disintegrate) the body, and then materialize (reintegrate) it again.

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**Elizabeth 2020-10-24 13:03:06** I saw in the textbook and videos that it's about releasing both sides.

**Wind 2020-10-24 13:04:18** You can release the **attachment** and **aversion** related to it. When releasing, it's still about the three core wants.

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**Goals and Success**

Continuously release your current feelings about success and failure until you feel completely more able to succeed in your life.

**Goal:**

|                      |                     |       |                              |
|----------------------|---------------------|-------|------------------------------|
|                      |                     |       |                              |
| Towards Goal Success | Completely release? | Okay? | My current feeling is _____. |
| Towards Goal Failure | Completely release? | Okay? | My current feeling is _____. |

|                      |                     |       |                              |
|----------------------|---------------------|-------|------------------------------|
|                      |                     |       |                              |
| Towards Goal Success | Completely release? | Okay? | My current feeling is _____. |
| Towards Goal Failure | Completely release? | Okay? | My current feeling is _____. |

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**All is Me (The Self), I am the development of all events.**

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What I mean is, in that state, you can dematerialize (disintegrate) the body, and then materialize (reintegrate) it again.

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Mike, if you continue, you won't be in this state.

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You either go up or down.

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It's impossible for you to stay inside continuously.

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Yes, you decide to release, but the feeling doesn't leave. This is being stuck. Why do you get stuck? This is just a very normal program. Wanting control causes stuckness. Once stuck, you need to release the wanting control, not forcefully try to leap over the stuck feeling. Don't do releasing in a struggling way. Releasing is easy, simple, effortless. Use the sixth step to verify your release. You must first face this stuck feeling, then release the wanting to change it. You will immediately feel better. Release it a few more times, and this "stuckness" will naturally clear, and it will be "more" pleasant. Regardless, it will be better than before.

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He has his creative, material playground.

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You need to implement the Six Steps. This way, you can get all happiness from within. Or, by releasing to achieve goals, you turn your direction inward. **get everything by releasing only**. This also keeps you on the Six Steps.

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When we are wandering, unable to decide which doctrine to accept, the Buddha, in the Pali Canon *Anguttara Nikaya* 3.65 *Kesamutti Sutta (Kalama Sutta)*, clearly tells us who are 迷茫 (confused): Do not immediately accept or believe anything, lest you become a slave to the knowledge of others (including the Buddha himself). For this, the Buddha summarized ten guidelines:

- One, do not believe something just because it is rumored or spoken of by others.*
- Two, do not believe something just because it is upheld by tradition.*
- Three, do not believe something just because it is widely reported or currently circulating.*
- Four, do not believe something just because it is found in religious scriptures or texts.*
- Five, do not believe something just because it is based on logic alone.*
- Six, do not believe something just because it is based on philosophical reasoning.*
- Seven, do not believe something just because it conforms with common sense or external reasoning.*
- Eight, do not believe something just because it agrees with one's own conjectures, opinions, or ideas.*
- Nine, do not believe something just because of the speaker's apparent credibility or authority.*
- Ten, do not believe something just because the person is one's teacher or master.*

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Almost all your energy is used to fight against your feelings.

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Exerting force, effort, these are all wanting control. **release takes no effort**. In fact, holding down your feelings requires a lot of energy. Feelings themselves want to leave. If you don't use force to hold them down, they leave. The process does exactly this: allows them to surface, allows them to leave.

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Let the feeling come out, then recognize it as wanting control or approval, and then let it go.

After it leaves, look again at what feeling is now surfacing. Then recognize which basic want it is, and continue to let it go. If it doesn't leave, that's being stuck. Then you pay attention to this stuck feeling, and recognize that you want to change it. Then let this wanting to change leave.

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“ The method is very simple, the method is very easy. Let the feelings surface, [recognize] they are wanting approval or control, and then let them out. “

—— Lester Levenson

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Release the most superficial one. Then the next feeling will surface. You just need to keep releasing, and you can release it all completely.

#### ===== Page 75 =====

Action does not affect release. Action will stir up more feelings; release in the moment the feelings surface.

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After learning to release emotions, you can learn to release wants. Then you directly release wants. But note, a want is a basic feeling, not a thought. After it is released, the experience of release will be deeper.

#### ===== Page 77 =====

Realize you want to control. Don't just see what feeling you are forcefully suppressing. Look at that stuck feeling. Then see how much you want to change it.

#### ===== Page 78 =====

**Wind 2020-12-16 09:16:20** This is what Yoga science calls **Savikalpa Samadhi**. But in **Savikalpa Samadhi**, the power of the seeds (samskaras) still exists, so one can regress, of course. And when you reach **Nirvikalpa Samadhi**, all seeds become inactive. At this point, you still have residual karma, but eliminating it is just a matter of time. Some masters choose to retain those residual karmas for a longer time.

#### ===== Page 79 =====

**Wind 2020-12-16 09:12:57** First, allow this emotion to express itself. Then you can release it.

#### ===== Page 80 =====

Relax as much as possible, then use the process. When you go to feel, you don't need to try hard to feel. Because the most superficial emotion doesn't require effort to feel. When you ask the questions, don't try hard to answer. Not experiencing release is because you've added too much unnecessary effort into the process, rather than simply applying the process.

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After asking, you need to feel the current feeling again.

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Do the second round of the process the same as the first: identify it, then feel it, then use the three questions.

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You need to first experience releasing emotions. Take out the emotion chart, find your feeling, then feel it directly for a while, using the three questions.

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Allow yourself to feel this numb feeling.

**Qing 2020-12-14 11:43:13** Yes, I can.

**Wind 2020-12-14 11:43:29** Can you identify if it's wanting control or wanting approval?

**Qing 2020-12-14 11:44:01** Wanting control.

**Wind 2020-12-14 11:44:26** Then, did it leave?

**Qing 2020-12-14 11:44:48** No, it went back to no feeling.

**Wind 2020-12-14 11:44:51** Were you making an effort?

**Qing 2020-12-14 11:45:16** It doesn't feel like effort, it feels elusive/flighty.

**Wind 2020-12-14 11:45:28** Avoidance.

**Qing 2020-12-14 11:45:36** Seems like it.

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**Wind 2020-12-09 22:49:07** Yes. The greatest function of releasing on goals is not the goal itself, but to make you understand that you are the master of matter. You have to prove to yourself that you have that ability. If you really don't want this goal anymore, then switch to one you truly want. But you must achieve it. You can't keep putting it off. You cannot let failure become the norm. You can take what you currently want most and release to obtain it. Then you will discover that it cannot bring you happiness. You continue moving forward. Release another new goal, and you will discover that there is no happiness in that either. Finally, you are left with only one direction, and that is freedom. Why do this? Because right now you only theoretically know the source of happiness, not through true experience. Before you truly experience it, no matter how much you shout slogans of freedom, your actions will go against it. The more you release, the more you feel obstacles. This is normal.



The deeper you go, the more you encounter stubborn programs. At this time, just remember the Six Steps, treat each release as if it were the first. Any feeling is just a feeling. Yes, go experience it, use Lester's favorite teaching.

**===== Page 86 =====**

**Wind 2020-12-14 09:13:12** *"Do it, keep doing it. When you get stuck, use the method's 'what to do' process: let go of the wanting to change the feeling of being stuck. If it is a vague, unclear feeling, then let go of the wanting to change this vague, unclear feeling. After you release it, you can once again attack the feeling of fear of death."*

You all know what to do.

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Then, can you feel the wanting to change towards it?

If you don't know the release process, spend four days learning it.

If you know it, you can use it.

The Sedona Method doesn't have a difference between good and bad foundations.

Don't want to face it, you want to escape it.

Notice this wanting; it's the most superficial. Then you can release.

**===== Page 88 =====**

**Wind 2020-12-14 09:21:17** First, can you feel the resistance?

**Shu Xin 2020-12-14 09:21:24** Extremely resistant.

**===== Page 89 =====**

This method asks you to pay attention to the three basic feelings, which are the three core wants. They drive all emotions and feelings. Being continuous is key.

**===== Page 90 =====**

**Wind 2020-12-14 09:20:14** Actively release it. Yes, try your best to avoid the tendency to analyze principles with your mind. The mind can only tell you what it has experienced so far; it can only replay past experiences.

**===== Page 91 =====**

Is the current feeling wanting control or wanting approval? Allow yourself to become more aware of it. Then ask yourself: Can I let it go?

===== Page 92 =====

1

===== Page 93 =====

**Wind 2020-12-13 00:16:45** Directly release wanting control and approval. Someone calculated today: one day of continuous release equals 6000 years of meditation.

===== Page 94 =====

**Wind 2020-12-13 00:13:29** What is it when you can't release? Being stuck. Step five easily solves it. Not obvious is also a kind of stuck. Release the wanting to change the vague/unclear. *"Do it, keep doing it. When you get stuck, use the method's 'what to do' process: let go of the wanting to change the feeling of being stuck. If it is a vague, unclear feeling, then let go of the wanting to change this vague, unclear feeling. After you release it, you can once again attack the feeling of fear of death."*

Reviewing **the way**.

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What causes you pain is just aversion to the world. That is not wanting freedom; that's called aversion to the world. Aversion and attachment are two sides of the same coin.

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**Wind 2020-12-13 00:13:05** You need to notice the wanting control itself. Only then can you release.

===== Page 97 =====

**Wind 2020-12-12 23:22:36** Notice it, and you will release it immediately. Then look again at that stuck feeling. You might still feel stuck. Then continue releasing wanting control. Release it a few more times, and this stuckness will dissolve.

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Are you using force? Are you trying hard to make it leave? This is wanting control.

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**Wind 2020-12-12 23:22:15** Release the wanting control over being stuck.

===== Page 100 =====

**Wind 2020-12-12 23:19:24** Yes, not completely released. When you are 轻松愉悦 (relaxed and happy), continue releasing, continue to **dig down**. Releasing wants doesn't require the three questions, because the first question releases it, or it's even released before the first question is asked. If you don't release it with the first question, it means you're stuck.

**2020-12-12 23:19:35** Being stuck is definitely caused by wanting control.

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**Wind 2020-12-12 23:19:17**

Release wanting control, and then all the **agflap** developed from wanting control is released. Releasing wanting approval is the same. Releasing wanting security will release the wanting approval and control above it, as well as the **agflap** on top of them.

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Only releasing wants will get you to the finish line within a month. Don't be afraid of getting stuck; face it.

===== Page 103 =====

**Wind 2020-12-12 23:16:38** But because the basic wants haven't been released, these emotions are continuously regenerated. Only releasing emotions would take hundreds or thousands of lifetimes to clear one category of emotion. Releasing on the surface is inefficient.

**Sui Le 2020-12-12 23:16:44** Yes, I thought getting stuck meant I hadn't released the emotion thoroughly enough.

**Wind 2020-12-12 23:16:50**

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**Wind 2020-12-12 23:16:15** Releasing deeply will definitely cause you to get stuck. It is by facing this stuckness that you can release it, using step five to release the wanting to change it. If you bypass it, it will continue to run you. You might release emotions every day, feel great, go high, and then come back down.

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## Chapter One: Basic Goal and Method of Achievement

Every one of us in this world is searching for exactly the same thing. Past habits, and our... every living being, even animals, are searching for it. However, what is it that we are all constantly seeking? ... a state of happiness without sorrow, a continuous state of happiness not invaded by any sorrow. If this is the common goal, why? Because infinite happiness is our most basic nature. Before we obstruct it with limitations, this is the true natural state. Now, why do most of us not possess this happiness without sorrow? There is only one reason: As infinite beings possessing infinite happiness, we, with joy and happiness, said: I am an individual, separate from all else. To separate myself from all else, I had to create some method to achieve this. The method was: my mind creates my body and the material world. Then I continued, creating more and more thoughts, and these thoughts create more and more material events, until thoughts and matter trap me and I forget my true identity as an infinite being.

Therefore, regarding the method, we need to...

===== Page 107 =====

**Wind 2020-11-13 08:31:18** The effect of releasing wants is deeper than just releasing emotions on the surface. You might need a little time to gradually master it, but it won't take too long.

===== Page 108 =====

It will cause the emotions you are attached to to dissipate instantly.

===== Page 109 =====

The feeling of tension from wanting is relatively strong, but the feeling of the control point is not strong; I need to think about it for a moment to feel it.

**Wind 2020-11-13 08:25:30**

When releasing this kind of habit, be careful not to turn it into suppression. If you only feel the tension, you haven't actually touched your wanting. You continue to be driven by wanting control. So, feel your wanting, and then you can immediately experience the feeling after the wanting is released.

===== Page 110 =====

If you don't allow expression, you might never be able to release it. For example, if you can't sit still, but you force yourself to sit there and release, you might be stuck there all day, struggling with the situation. At this point, if you just allow yourself to stand up and walk around a bit, you might be able to release smoothly.

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**Wind 2020-11-10 11:03:49**

Yes, when you're not suppressing, you can choose to express or release. Actually, if everyone really practices this, they will discover this point. You might express a little bit and then immediately be able to release.

===== Page 112 =====

But Lester's point is that we have four ways of dealing with emotions. The first, the worst, is **suppression**. The second, slightly better, is **avoidance**. The third, the beginning of release, is **expression**. And what we want to do is the fourth, which is **release**. Because expression is the beginning of release, you will find that if you don't allow it to be expressed, you will continue to suppress it underneath.

===== Page 113 =====

But Lester's point is that we have four ways of dealing with emotions. The first, the worst, is **suppression**. The second, slightly better, is **avoidance**. The third, the beginning of release, is **expression**. And what we want to do is the fourth, which is **release**. Because expression is the beginning of release, you will find that if you don't allow it to be expressed, you will continue to suppress it underneath.

===== Page 114 =====

**The individual sense of doership is like carrying luggage on your head while traveling by train.**

**Visitor:** I am a partner in an engineering firm. But my mind is not on it. I try to bring spiritual concepts into the daily work of the company.

**Ramana Maharshi:** That is good. If you surrender to the Higher Power, then everything is fine. That Power always takes care of your work. Only when you consider yourself the doer do you have to reap the fruits of your actions. On the contrary, if you surrender and acknowledge that your individual self is merely an instrument of the Higher Power, that Power will take care of your affairs and the results of your actions. You are no longer affected by them, and the work will continue unimpeded. Whether you acknowledge the existence of the Power or not, the pattern of things does not change. Only the perspective is different.

Why carry luggage on your head when traveling by train? Whether you put the luggage on your head or on the carriage floor, the train carries both you and the luggage. Continuously carrying the luggage on your head does not lighten the train's load; it only exhausts yourself needlessly. The sense of doership in the world is the same.

===== Page 115 =====

**Tian Cheng 17:14:44**

X

## **Miao Gao Feng Shang >**

**Q:** Work takes up my best time and energy, and I often feel too tired to focus on remembering God.

**Ramana Maharshi:** The feeling "I am working" is the obstacle. Ask "Who is working?" Don't forget "Who am I?" Work will not bind you. It will happen automatically. Don't make any effort to work or to give up work. Your effort is the bondage. What is to happen will happen. If you are destined to not work any longer, you will not find work even if you try hard to find it. If you are destined to work, you will not be able to avoid it. So leave it to the Higher Power. You cannot choose to abandon or retain it.

**Q:** Does work obstruct the realization of the Self?

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## **Labor Day Special Issue: Three Teachings from Ramana Maharshi: Work...**

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Firstly, the respiratory system naturally becomes long and slow. This is usually an experience after releasing. Then, simultaneously with the mind becoming quiet, the whole body relaxes. Energy flows. As you continue releasing, each release will provide you with abundant energy. The sixth step is that with each release, you become more joyful.

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Fourth limb, **Pranayama** (adjustment of Prana) Fifth limb, **Pratyahara** (sense control) Sixth limb, **Dharana** (concentration) Seventh limb, **Dhyana** (meditation) Eighth limb, **Samadhi** (Savikalpa Samadhi, Nirvikalpa Samadhi)

===== Page 119 =====

First limb, **Yama** (external control) Second limb, **Niyama** (internal control) Third limb, **Asana** (posture, freeing the spine from bodily pressure)

===== Page 120 =====

Helping others realize what he has realized.

===== Page 121 =====

14:10 / 40:36

===== Page 122 =====

But he remained there.

===== Page 123 =====

What would happen if he continued releasing?

===== Page 124 =====

He stopped here, remained here, but never explained why.

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According to Lester, he received an inner instruction.

===== Page 126 =====

He had penetrated to the last limitation within him. (referring to Lester Levenson)

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The most fundamental part is your **No. 1 Program (wanting to survive as a limited body)**.

- Mind is the sum total of your thoughts and feelings.
- Feelings drive all thoughts.
- An emotion encompasses all feelings beneath it.
- Two basic feelings (wanting control and approval) encompass all emotions beneath them.
- All of the above are encompassed by one most basic feeling – wanting to survive (fear of death).
- Therefore, all feelings are "survival programs," and all thoughts revolve around maintaining my existence as a body.

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Wanting freedom

**Wind 2020-11-07 18:10:36** Now can you see this wanting control? Has it left?

**D 2020-11-07 18:10:40** It left.

===== Page 129 =====

**Wind 2020-11-07 18:10:18** Can you let go of the wanting control over it?

**D 2020-11-07 18:10:20** Stuck.

**Wind 2020-11-07 18:10:25** Do you want to keep controlling this stuckness, entangled with it to the end, or do you want freedom?

**D 2020-11-07 18:10:30**

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Step one is to become aware of your feeling and recognize whether it is wanting control or wanting approval.

**Elephant 2020-10-16 15:31:43** Want control.

**Wind 2020-10-16 15:31:49** Step two is to ask if it has left?

**Elephant 2020-10-16 15:31:57** No.

**Wind 2020-10-16 15:32:16** Yes, if it hasn't left, then see if you want to change it? Then notice this wanting to change and then ask yourself "Has it left?"

**Elephant 2020-10-16 15:35:13** So this is release! Got it, I'll continue practicing.

===== Page 131 =====

**Elephant 2020-10-16 15:31:10** Constantly noticing?

**Wind 2020-10-16 15:31:18** Not constantly noticing.

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**Elephant 2020-10-16 15:27:03** I only feel pain in my right hand, not thinking about the chest or abdomen area. I repeatedly think: *I am willing to let go of the desire to control the right hand pain.* I repeat this thought over and over, not sure if it's correct.

**Wind 2020-10-16 15:27:47** Don't think like that. This is suppressing emotions.

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**Wind 2020-10-16 15:14:49** Do you want to change that painful situation?

**Zhan Lue 2020-10-16 15:15:01** @Wind? [Crying]

**Wind 2020-10-16 15:17:34** Can you now notice that wanting to change?

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**Hong 2020-10-16 14:16:45** @Wind? For example, I have a bad headache. Wanting it not to hurt is wanting control. No matter how many times I release, my head still hurts, and I still want it not to hurt. This wanting control just won't release.

**Wind 2020-10-16 14:17:03** Do you need to control this headache situation now?

**Hong 2020-10-16 14:17:14** Yes.



**Wind 2020-10-16 14:17:25**

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It's less, but still there, right?

**Yan 2020-10-16 14:12:48** Yes.

**Wind 2020-10-16 14:12:57** Allow yourself to just notice it. Has it left?

**Yan 2020-10-16 14:13:27** Yes, I want it to go faster.

**Wind 2020-10-16 14:13:40** Yes, can you see that you want to control it?

**Yan 2020-10-16 14:13:44** Yes.

**Wind 2020-10-16 14:14:03** Yes, has this wanting control been released?

**Yan 2020-10-16 14:14:14** 差不多 (Just about).

**===== Page 136 =====**

**Wind 2020-10-16 14:11:10** Do you want to control this process and make it faster?

**Yan 2020-10-16 14:11:20** Yes.

**Wind 2020-10-16 14:11:29** Can you notice this wanting control? Just notice it.

**Yan 2020-10-16 14:12:06** Yes.

**Wind 2020-10-16 14:12:15** Yes, has it left?

**Yan 2020-10-16 14:12:26** Seems a bit less.

**Wind 2020-10-16 14:12:42**

**===== Page 137 =====**

Sometimes you want to die, sometimes you want to live, sometimes you fear death, sometimes you fear living.

**===== Page 138 =====**

**Wind 2020-10-16 14:10:10** Can you feel the wanting control?

**Yan 2020-10-16 14:10:19** Yes.

**Wind 2020-10-16 14:10:30** Yes, has it left?

**===== Page 139 =====**

**Wind 2020-10-16 14:07:36**

Just allow yourself to notice the current feeling. Ask yourself, is this wanting control or wanting approval? Notice the "want" that you notice most easily.

Then ask yourself "Has it left?" or "Can I let it go?"

Then look again to see if there is any remaining wanting control or wanting approval. Continue to allow yourself to become more aware of it.

**===== Page 140 =====**

**Luo Wanyu 2020-10-16 14:01:26** I can feel it.

**Wind 2020-10-16 14:01:41** Yes, relax, just notice it. Allow yourself to become more aware of it. Has it left?

**Luo Wanyu 2020-10-16 14:02:34** Yes, seems to have left.

**Wind 2020-10-16 14:02:50** There's still some wanting control left, right?

**Luo Wanyu 2020-10-16 14:03:02** Yes.

**Wind 2020-10-16 14:03:16** Notice it. Has it left?

**===== Page 141 =====**

Release the wanting control and wanting approval towards the goal. If wanting security surfaces, release that too.

**===== Page 142 =====**

**2020-10-16 16:13:52**

Thinking about your financial situation, what is your first feeling? Wanting control or wanting approval?

**===== Page 143 =====**

**Wind 2020-10-16 16:01:03** All thoughts are limiting thoughts. They are all driven by feelings. And all feelings are wanting control and wanting approval. Including this thought of yours.

**===== Page 144 =====**

**2020-10-16 15:58:43** Releasing leads to freedom. After attaining freedom, you can engage in any profession you want, because freedom means freedom. **freedom means freedom.**

**===== Page 145 =====**

**Wind 2020-10-16 15:53:08** Yes, truth can only be experienced; it cannot be conveyed through words and language.

**===== Page 146 =====**

**Wind 2020-10-16 15:51:53** We are infinite existence.

**===== Page 147 =====**

Look at the current feeling. What does it stir up right now: wanting control or wanting approval? Can you notice it? Can you allow it to be released? Is there more? Can you allow it to be released?

**===== Page 148 =====**

**2020-10-16 15:33:05** Yes. Lester's two passages explain it very clearly.

Lester's early teachings and *A Course in Miracles* are not the same thing. Lester's early teachings are the truth spoken by an enlightened being; theoretically, there's no problem. But *A Course in Miracles* also has theoretical problems. I have studied most spiritual methods. I have also tried them. Some are methods taught by truly enlightened beings, some are not. Generally, I don't deliberately criticize a method. But if someone asks me about authenticity, I won't avoid it. I will directly state my own judgment. Because the issue of authenticity can cause someone to go down the wrong path for a lifetime, maybe more than one lifetime. I will not equivocate for the sake of approval.

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**Sophie 2020-10-16 14:33:51** Some left.

**===== Page 150 =====**

**Wind 2020-10-16 14:20:42** Yes, look at your feeling towards it now. Is it wanting control or wanting approval?

**Sophie 2020-10-16 14:20:54** Wanting control.

**Wind 2020-10-16 14:21:07** Can you notice this wanting control?

**Sophie 2020-10-16 14:21:16** Yes.

**Wind 2020-10-16 14:21:24** Has it left?

**Sophie 2020-10-16 14:21:50** Some left.

**Wind 2020-10-16 14:22:18** Yes, is there any remaining wanting control?

**Sophie 2020-10-16 14:22:41** I feel a lot of wanting security.

**Wind 2020-10-16 14:22:53** Okay, can you notice it?

**Sophie 2020-10-16 14:23:10** I noticed it. There's also some wanting approval left.

**Wind 2020-10-16 14:23:54**

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**2020-10-16 10:51:13**

The group owner is still conservative. He said *A Course in Miracles* can also reach the destination. I don't think so. People aiming for freedom should abandon *A Course in Miracles* immediately. The Release Method is not the only way to reach the destination, but *A Course in Miracles* is not a way.

===== Page 152 =====

**Wind 2020-10-16 10:39:33** I came across the Sedona Release Method a long time ago in 2014. I saw many people teaching it, but I basically didn't speak. At that time, I felt that everyone teaching it publicly had problems, so I left all the groups and started looking for materials myself. I found them, and then I just went off to release on my own. I basically didn't have any contact with people in the spiritual circle. The reason I joined this group was because I was stuck at that time and wanted to exchange experiences with others. But I found that no one seemed to know the original process, so I stopped talking. After a few days, seeing everyone's weird and varied release methods, I couldn't help but translate a few of Lester's audio recordings and then translated part of the 1992 video. Actually, I had shared my method with others before, but they preferred to believe in "teachers." So for the past two years, I haven't successfully shared it with anyone. I only succeeded in sharing it here with the group owner. There are many teachers who even claim to be enlightened, but the methods they teach are completely wrong.

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1. All feelings culminate in two wants: wanting of approval and wanting of control.
2. Make release constant.
3. If you get stuck, let go of the wanting to change the stuckness.
4. Each time you release, you are happier and lighter. You have more motivation to go free.

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**Xiao Cong Ming 2020-10-15 13:11:32**

Actually, I have another question, or not a question. Wanting to release approval is wanting control, and then release wanting control/approval. The second wanting is very vague. After releasing it, do I still need to release the first one, if I can't find the feeling of the first one?

**Wind 2020-10-15 13:12:17**

Keep releasing.

After you release, what is the current feeling? Is it wanting control or wanting approval?

Continue releasing.

===== Page 158 =====

**Wind 2020-10-08 11:27:16** Lester's theory: You want to survive as a body, therefore you developed the fear of death. This is the most 底层 (underlying) driver of all emotions. All desires. To ensure survival, you developed wanting approval. To fuel wanting approval, you developed wanting control. All emotions are wanting approval or wanting control. All thoughts are driven by emotions. Therefore, the entire structure of the mind is like this: "Fear of death (wanting to survive) -> wanting approval -> wanting control -> nine emotional states -> specific feelings -> thoughts -> world" Each preceding one drives the one after it. When the 底层 (underlying level) is released, what is driven by it is also released.

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**Wind 2020-10-15 12:22:00** Has it left?

**Yan 2020-10-15 12:22:21** Is it necessary to release the first two wants first to make it easier to release the wanting to die?

**Wind 2020-10-15 12:22:32** Yes.

**Yan 2020-10-15 12:22:32** It hasn't left. I like control.

**Wind 2020-10-15 12:22:43** Look again, do you still want to control? Just notice it.

**Yan 2020-10-15 12:23:07** Still want to, I'm a control freak.

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**Wind 2020-10-15 12:20:52** Do you want to change that fear of death?

**Yan 2020-10-15 12:21:05** Yes, very much.

**Wind 2020-10-15 12:21:32** Can you notice this wanting to change?

**Yan 2020-10-15 12:21:42** Yes.

**===== Page 161 =====**

Yes, allow it to surface.

**Rui Lan 2020-10-15 17:35:57** There is still some criticism inside. Why is there so much wanting control?

**Wind 2020-10-15 17:36:29** Allow yourself to notice it. Has more of it left?

**Rui Lan 2020-10-15 17:36:33** I see a lot of wanting control, constantly wanting control. A little left, because there's so much.

**Wind 2020-10-15 17:37:51** Yes, repeat this process.

**===== Page 162 =====**

**Wind 2020-10-15 17:24:57** What do you want to release?

**Rui Lan 2020-10-15 17:25:27** Wanting approval, meaning I don't dare to ask others for money.

**Wind 2020-10-15 17:25:40** Yes, can you notice this wanting approval?

**Rui Lan 2020-10-15 17:25:52** Yes.

**Wind 2020-10-15 17:26:07** Has it left?

**===== Page 163 =====**

Can you notice that you want to control it?

**Qi Ji 2020-10-15 16:02:04** I can notice it, and I can also notice that I want to reject my control.

**Wind 2020-10-15 16:02:13** Yes, has this wanting control left?

**Qi Ji 2020-10-15 16:02:31 No.**

**===== Page 164 =====**

**Wind 2020-10-15 16:00:16** Do you now want to control that situation? [Laughter]

**Qi Ji 2020-10-15 16:00:33** It's been stuck in my chest. Yes, I want to control.

**Wind 2020-10-15 16:00:16** Can you notice that wanting control?

**Qi Ji 2020-10-15 16:01:18** Yes, I can. I can feel it blocked up.

**Wind 2020-10-15 16:01:39**

**===== Page 165 =====**

6. Each time you release, you become more joyful, lighter, and freer from limitations. As you release, you will become increasingly joyful, lighter, and freer from limitations.

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### **Six Steps to Freedom**

- You must want freedom more than you want the world. (You must want freedom more than you want approval and control. Wanting approval and control = wanting the world.)
- Make the decision for freedom.
- All feelings come from wanting approval and wanting control. They are survival programs. Release them.
- Release continuously.
- When you get stuck, release the wanting to change the feeling of being stuck.

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**2020-10-15 10:23:38**

It's best not to mix releasing with sitting meditation (formal practice).

Because when you sit in meditation, you carry a wanting to control. You're trying to maintain a posture without moving on one hand, and trying to release on the other. But if you do it consciously and deliberately, you will get stuck there. Because when you do it consciously and deliberately, you are carrying wanting control. If you are passively tied up, as long as you accept the situation and then release, you won't get stuck.

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Carrying resistance (wanting control), you will get stuck. It's that simple. It's all in the Six Steps.

===== Page 169 =====

**Wind 2020-10-08 11:03:56** Wanting to change is also a feeling. Feel this wanting to change and let it go. The fear of death is also just a feeling. Lester said this. I'm just repeating it.

===== Page 170 =====

**Yitian 2020-10-15 21:31:05** When I can't distinguish between wanting approval and wanting control, can I directly release that "want"? @Wind

**Wind 2020-10-15 21:31:57** Yes, then release wanting control. You will be able to distinguish.

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**Su 2020-10-15 20:28:11**

I want to ask, if I decide I want freedom rather than wanting this world, how should I release? Should I continuously notice desires, or can I still release regarding difficulties in life?

Both are fine.

Difficulties in life are also desires. Just keep releasing continuously. It's possible.

Lester said, at the beginning you have no choice because you are in too much pain, living in pain. So you can only release to get out of pain. But when you release until you feel very good, you need to release for the sake of freedom.

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**Shi Dai Wan Wu Hu Lian 2020-10-15 19:21:42** A little left.

**Wind 2020-10-15 19:21:52** Yes, can you still notice it?

**Shi Dai Wan Wu Hu Lian 2020-10-15 19:22:18** I feel there is some.

**Wind 2020-10-15 19:22:48** Continue noticing.

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**Wu Xin 2020-10-15 18:08:55** @Wind? When I have no feeling, I ask this when calm. When I have a feeling, I release it. When calm again, I ask this again. This way, I can achieve continuous release, right?

**Wind 2020-10-15 18:09:31** When you have a feeling, you can also see if it's wanting approval or wanting control and release like that. When you have no feeling, your wanting to control (change) it is very obvious. Every time you say you have no feeling, there is actually a wanting control present. It's not that there is no feeling, just that there isn't a feeling that you want. You see, problems with the Release Method can be solved through the Six Steps.

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**Wind 2020-10-15 12:03:18** Notice this wanting to change.

**Chu Xia 2020-10-15 12:03:26** Noticed.

**Wind 2020-10-15 12:03:29** Has it left?

**Chu Xia 2020-10-15 12:03:33** Left. Thank you??

**Wind 2020-10-15 12:03:46** Look, do you still want to change this situation? Allow more of the wanting to change to be noticed.

**Chu Xia 2020-10-15 12:03:57** Still there, but much less.

**Wind 2020-10-15 12:04:00** You're welcome. Continue the process until you've released it all.

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**Wind 2020-10-15 12:00:05** Right now, can you feel this anxiety and worry?

**Chu Xia 2020-10-15 12:00:15** I can feel it.

**Wind 2020-10-15 12:00:27** Do you want to control?

**Chu Xia 2020-10-15 12:00:35** Want to control.

**Wind 2020-10-15 12:00:50** Just notice this wanting control.

**Chu Xia 2020-10-15 12:01:04** I can notice it.

**Wind 2020-10-15 12:01:21** Has it left?

**Chu Xia 2020-10-15 12:01:24** A lot left. But still some. Continuing to observe, some more left.

**Wind 2020-10-15 12:01:48** Yes, allow yourself to notice more wanting control.

**Chu Xia 2020-10-15 12:02:17** There's still a place tightly gripping, unable to let go.

**Wind 2020-10-15 12:02:18** Allow it to leave. Do you want to control this place that is tightly gripping? Do you want to change it?

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### Process for Releasing Wants

Step 1: Allow yourself to feel the current feeling. Step 2: Notice if it comes from wanting approval or wanting control. Step 3: Can you notice this wanting control (or wanting approval)? Can you let it go? Step 4: Is there any remaining wanting control (or wanting approval)? Can you become more aware of this? Can you let it go? *Repeat noticing and releasing until you are completely free.*

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**Wind 2020-10-15 11:57:52** Do you want to continue staying in this feeling, or not?

**Zi 2020-10-15 11:58:10** It seems I'm not forcing myself as much. I feel like I've given up on myself [facepalm]. What does it mean to continue staying in this feeling? @Wind?

**Wind 2020-10-15 11:58:54** Wanting to maintain this situation is also wanting control. Wanting control has different manifestations. For something you don't like, you want to change it. For something you like, you want to maintain it. **attachment and aversion.**

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**Zi 2020-10-15 11:45:09** What about releasing the wanting to feel sleepy and go to sleep? Whenever I start releasing, I want to feel sleepy and go to sleep.

**Wind 2020-10-15 11:45:33** Do you want to control that sleepy situation?

**Zi 2020-10-15 11:45:42** Yes, because I want to release smoothly.

**Wind 2020-10-15 11:46:07** Yes, right now can you notice this wanting control?

**Zi 2020-10-15 11:46:17**

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Not yet.

**Wind 2020-10-15 11:41:34**

Look again, is this wanting control still there? Just allow yourself to notice it.

**Rong 2020-10-15 11:42:47**

I notice it's still there, but much better.

**Wind 2020-10-15 11:43:15**

Yes, can you allow the remaining wanting control to be noticed? See if it has been released?

**Rong 2020-10-15 11:43:36**

Allow.

**Wind 2020-10-15 11:44:07**

Yes, has it left?

**Rong 2020-10-15 11:44:08**

Yes, much better.

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Look again, do you have more wanting control? Allow it to continue surfacing.

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**Wind 2020-10-15 11:26:16** Right now, can you notice this wanting control?

**Zi Zai Ren Sheng 2020-10-15 11:26:56** I can't notice it, feeling very calm.

**Wind 2020-10-15 11:27:05** Do you want to change this calmness?

**Zi Zai Ren Sheng 2020-10-15 11:27:15** Yes.

**Wind 2020-10-15 11:27:28** Look at this wanting to change.

**===== Page 183 =====**

Release the wanting control that it developed, and you can face it directly. It will be released immediately. Release wanting control, and you immediately feel everything is in control (smooth). Release wanting approval, and you can immediately feel love. Release wanting to survive and security, and you can feel safe. Use this to confirm release. This is the sixth step. The Six Steps are everything. Lester Levenson said, **take the six step**. Just implement the Six Steps consistently. Everything needed to reach the destination is in the Six Steps.

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## **Process for Releasing Emotions**

Step 1: Allow yourself to feel the current feeling, and trace it back to an emotional state (apathy, grief, fear, lust, anger, pride).

Step 2: Ask yourself, can I let go of this feeling? Am I willing to? When?

Step 3: See what feeling you have now, and repeat the previous process.

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**Me 2020-10-15 11:06:00** @Wind? Yes, I also discovered this when releasing stuckness: it's wanting control that causes the stuck. Actually, I feel that the entire emotional desire structure is stuck, layer upon layer of stuckness piled up, together covering the fear of death.

**Wind 2020-10-15 11:07:03** Wanting approval and wanting to survive (fear of death) do not automatically get stuck. They will immediately develop a wanting control to get stuck.

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I don't necessarily have to think about or strive for the things I want to obtain, such as wanting approval, to also have them.

If you don't release that stuckness, and the small tendencies, you let it run you (**let it run you**). The more stuck you are, the more you need to continue releasing.

If you don't release the tendency you use to escape, then you will escape, pressing down whatever deeper thing you are trying to escape from.

Find a guideline that works for you and do it, instead of getting entangled with several guidelines and confusing yourself.

Deeply experience that we live in "wanting" every moment. Releasing a "wanting" motive will terminate related emotions and thoughts, bringing a feeling of deep stillness. Continuously releasing "wanting" will continuously weaken the sense of being the "doer," making life more like an occurrence, scene after scene.

There is nothing outside. The sole component of things is my feelings, and they are all wanting control and wanting approval.

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There is nothing outside. The sole component of things is my feelings, and they are all wanting control and wanting approval.

Infinite energy is being suppressed by me all the time. When I release a desire, a part of it emerges.

I don't need to understand a thing through the mind. Every thought obscures some original "knowing." When I abandon knowledge and mind, I directly know everything.

Release continuously, just release continuously. The path is already clear, the destination is in sight, just keep going.

Implement the Six Steps. When I don't want freedom, remind myself how good freedom is. Make the decision. All obvious and unobvious feelings are wanting control and wanting approval, release them. Every release makes me freer.

I cannot get stuck, because my stuckness is actually wanting to change. This is something that needs to be released. Release cannot get stuck; it cannot passively stop.

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**Wind 2020-10-15 10:59:12** Control is the sole component of being stuck. I'm going to record this in my **gain book**. This is an insight I've realized through releasing so far.

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**Me 2020-10-14 12:57:13 @Wind?** You release wanting control, but what I release is mostly wanting to change. Wanting control appears very little. I feel that wanting control is composed of a whole bunch of wanting to change. What's your view?

**Wind 2020-10-14 12:57:40** The course is wanting control. Lester often uses wanting to change when he speaks, but he will say it that way. Wanting to change, wanting to push it away, wanting to grasp it – these are all wanting control. Wanting to change is a type of wanting control. To be more specific, say wanting to change. Sometimes we want to change. Sometimes we want to maintain. This is all **wanting of control**.

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When releasing wants and noticing "wanting," sometimes it pops up that wanting equals lack – is this considered using the mind?

Or must I just notice, just notice that "wanting" and let it go?

**Wind 2020-10-14 12:22:02** Do you want to figure this out?

**ZOEY 2020-10-14 12:22:52** Yeah, it is. It's wanting control again...

**Wind 2020-10-14 12:23:03** Can you now notice that wanting control?

do it

**ZOEY 2020-10-14 12:24:05** Yes.

**Wind 2020-10-14 12:24:21** Has it left?

**ZOEY 2020-10-14 12:24:36** Partly. I'll continue the process.

When I have a question, I go release the wanting to figure it out, wanting control.

**Wind 2020-10-14 12:24:40** Look at whether you have more wanting control regarding that question.

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**Shi Dai Wan Wu Hu Lian 2020-10-12 13:07:54** Isn't release about wanting to change?

**Wind 2020-10-12 13:08:08** Release *is* change, not wanting to change. Control, approval, security – these are good things. Wanting is not. Wanting equals lack.

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**2020-10-12 13:00:51 @Wind?** For example, my lower back hurts. How do I release? Do I look at the emotion towards the back, then see what want it stirs up, then release?

**2020-10-12 13:01:08** Do you want to change it?

**2020-10-12 13:01:13** Yes.

**2020-10-12 13:01:20** Can you notice it?

**2020-10-12 13:01:26** Yes.

**2020-10-12 13:01:47** See if it has been released?

**2020-10-12 13:02:15** Some. Can I just release the wanting to change like this?

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**Hui Xuan 2020-10-12 12:35:20** Can wanting control and wanting approval exist simultaneously?

**Wind 2020-10-12 12:37:04** Often yes, because wanting control is actually developed from wanting approval. Notice whichever one is there and release that. For example, right now, wanting control is on the surface for you, so release wanting control. If you want to skip this process, you are actually being run by wanting control, and you will get stuck.

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This tendency of wanting control also needs to be released.

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## Process for Releasing Wants

Step 1: Allow yourself to feel the current feeling.

Step 2: Notice if it comes from wanting approval or wanting control.

Step 3: Can you notice this wanting control (or wanting approval)? Can you let it go?

Step 4: Is there any remaining wanting control (or wanting approval)? Can you become more aware of this? Can you let it go? *Repeat noticing and releasing until you are completely free.*

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**Fang Fei 2020-10-12 11:20:47** I feel there is a greater power and arrangement, and I need to surrender.

**Wind 2020-10-12 11:20:48** It's not like that. You don't need to consider a greater power outside of yourself. The course mentions the other side of wanting control, which is wanting to be controlled. Hoping for something to control oneself. What many people call "surrender" is actually this thing. But this is also wanting control.

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**2020-10-12 10:52:12** Is the essence of mind wanting to control? And wanting to understand?

**Wind 2020-10-12 10:52:38** The essence of mind revolves around maintaining the survival of a body. For survival, it developed wanting approval and control. Control includes changing, understanding, making things happen the way one wants.

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**Fang Fei 2020-10-12 08:34:14**

Releasing feelings, I feel a surge of energy go out. Releasing wants also feels like a surge of energy goes out. I always remember what you said about "let the feeling surface and leave," and I've been operating like that [grinning]. Is releasing wants about putting attention on thoughts? Or is it also a deeper level of energy going out? @Wind?

**Wind 2020-10-12 08:34:30**

It's not thoughts. Wanting is tendency, is intention. Try that process; it's very effective.

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I can try to guide you a bit now. Just follow the instructions, and you might find it very simple.

**ZOEY 2020-10-12 08:20:50** Yes, want control.

**Wind 2020-10-12 08:20:59** Has it left?

**ZOEY 2020-10-12 08:21:14** Partly left.

**Wind 2020-10-12 08:21:24** Do you still have wanting control?

**ZOEY 2020-10-12 08:21:33** Some.

**Wind 2020-10-12 08:21:42** Has some left now?

**ZOEY 2020-10-12 08:22:12** Some left.

**Wind 2020-10-12 08:22:16** Look again, do you still want to control?

**ZOEY 2020-10-12 08:22:32** Still a little.

**Wind 2020-10-12 08:22:46** Has it left?

**ZOEY 2020-10-12 08:23:20** Yes, continuously leaving, now very little.

**Wind 2020-10-12 08:23:36** Yes, continue to see if there is wanting control.

**Wind 2020-10-12 08:24:16** Continue this process yourself.

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**Wind 2020-10-12 08:18:49** Do you want to control?

Part 2 of 3

===== Page 1 =====

**Wind 2020-10-12 08:18:49** Do you want to control?

===== Page 2 =====

**Wind:** Can you feel if the current desire is to **control** or to **be approved**?

**Jidi:** Mm, yes.

**Wind:** Can you just **be aware** of it?



**Jidi:** I allow it, it seems it hasn't left, mm.

**Wind:** Has it left?

**Jidi:** Mm, it left a little.

**Wind:** Look again, is there still a desire to control or be approved?

===== Page 3 =====

**Wind** 2020-10-12 09:01:11 You are right in the middle of wanting to control. As long as you *relax* and become aware of it, at that moment you immediately have a *tendency to let go*. So you don't even need to ask the subsequent questions. You just see if it has left, and then continue to see if there's any remaining desire to control within yourself. Then become aware of it again, allow it to leave. Continue like this, ***letting it up and go***, that's all.

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**Wind** 2020-10-12 08:51:11 Do you want to control?

**Zhang** 2020-10-12 08:51:22 Yes.

**Wind** 2020-10-12 08:51:35 So you can clearly feel it?

**Zhang** 2020-10-12 08:51:47 Mm.

**Wind** 2020-10-12 08:51:57 Has it been **released**?

**Zhang** 2020-10-12 08:52:08 No.

**Wind** 2020-10-12 08:52:21 Can you feel that desire to control? Allow yourself to just *watch* this wanting...

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**Step Three:** See how you feel now, and **repeat the previous process**.

===== Page 6 =====

**Wind** 2020-10-12 08:32:29 Has this desire to control left?

**DMX** 2020-10-12 08:32:45 No.

**Wind** 2020-10-12 08:32:56 Do you still want to control?

**DMX** 2020-10-12 08:33:28 Yes.

**Wind** 2020-10-12 08:33:32 Just look at it, has it left? Look again, do you want to *control your feeling*, want to *change* it? Can you be aware of this *wanting*?

**DMX** 2020-10-12 08:34:51 I can perceive it.

**Wind** 2020-10-12 08:35:03 Has it been released?

**DMX** 2020-10-12 08:35:44 Released a little, not completely.

**Wind** 2020-10-12 08:35:57 Mm, so there's still a desire to control? Can you simply be aware of it? It's very simple.

**DMX** 2020-10-12 08:36:51 Yes.

**Wind** 2020-10-12 08:37:03 Be more aware of it. See if it has been released?

**DMX** 2020-10-12 08:41:42 Released a little, but still not completely released.

**Wind** 2020-10-12 08:42:03 Continue this **process**, be aware of it. Then, can you let it leave?

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**2020-10-12 08:29:59** Can you feel the **desire for approval** right now?

**DMX** 2020-10-12 08:30:27 Yes.

**2020-10-12 08:30:37** Just allow yourself to feel it. Has it left?

**DMX** 2020-10-12 08:31:10 No.

**2020-10-12 08:31:32** Do you want to let it leave?

**DMX** 2020-10-12 08:31:41 Yes.

**2020-10-12 08:31:45** Can you notice that this is a **desire to control**?

**DMX** 2020-10-12 08:32:25 It is a desire to control.

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**2020-10-12 07:57:44** Has it left?

**Hong** 2020-10-12 07:57:59 No [facepalm].

**Wind** 2020-10-12 07:58:26 Continue to notice this desire to control. See how you are now. Has more desire to control been *stirred up*?

**Hong** 2020-10-12 07:59:10 Yes.

**Wind** 2020-10-12 07:59:32 *Relax*, just watch it.

**Hong** 2020-10-12 07:59:58 Okay.

**Wind** 2020-10-12 08:00:03 Has it left?

**Hong** 2020-10-12 08:00:37 Still no.

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The method is **simple**. The method is also **easy**. Let the feelings come up, **[recognize]** they are a desire for approval or control, and then **let them out**. Carrying out the **six steps** of this method, will take a few months to empty out all your garbage.

**Lester**

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Lester Levenson has a better summary: "The method is simple, the method is also easy. Let the feelings come up, **[recognize]** they are a desire for approval or control, and then **let them out**. Carrying out the **six steps** of this method, will take a few months to empty out all your garbage." —

**Lester Levenson**

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Okay.

**Wind** 2020-10-23 11:00:28 But *never do it with force*.

**Wind** 2020-10-23 11:00:40 Resistance and irritability, can certainly be **released**.

**Little Smart** 2020-10-23 11:00:50 @Wind? Okay, Teacher Wind, thank you, teacher.

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**Wind:** Mm, can you just allow yourself to be *more aware* of this desire to control? Just *gently* become aware of it.

**Sound of Clouds Drifting By** 2020-10-23 10:29:58 Yes.

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**Sound of Clouds Drifting By** 2020-10-23 10:09:07 A little bit. Yes. Chest tight.

**Wind** 2020-10-23 10:09:48 I will adjust the sentences accordingly.

**Sound of Clouds Drifting By** 2020-10-23 10:09:52 I tried it myself.

**Wind** 2020-10-23 10:10:03 Mm, have you had any experience of **releasing**?

**Sound of Clouds Drifting By** 2020-10-23 10:10:03 Had a little bit of feeling. Not sure if it was a release experience.

**Wind** 2020-10-23 10:10:59 *Ease, joy, clarity welling up*, accompanied by the feeling of energy leaving. Does release have this kind of feeling?

**Sound of Clouds Drifting By** 2020-10-23 10:11:07 Had a little, but not very obvious.

**Wind** 2020-10-23 10:12:07 OK, I understand, let's begin.

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**Hong** 2020-10-12 07:10:34 Always thinking random thoughts, is that a desire to control?

**Wind** 2020-10-12 07:35:49 Can you very *directly* perceive what you want? Analysis isn't necessary. Right now, what appears in your awareness is the most obvious one.

**Hong** 2020-10-12 07:47:37 The most obvious is the struggle with work, feeling unsuited for my job, yet powerless to change.

**Wind** 2020-10-12 07:47:55 Desire to control. Maintain awareness of it. Can you *directly let it go* and let it leave?

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**Wind** 2020-10-22 11:18:10 Can you notice your current feeling?

**Liu Mouren** 2020-10-22 11:18:19 No particular feeling.

**Wind** 2020-10-22 11:19:55 A *vague and unclear* feeling?

**Free Life** 2020-10-22 11:19:57 Usually have many thoughts.

**Liu Mouren** 2020-10-22 11:19:58 Sort of.

**Wind** 2020-10-22 11:20:06 Do you want to **change** this vague and unclear feeling?

**Yitian** 2020-10-22 11:20:18 The teacher can only tell you "use the heart, not the brain," or even directly say "use the chest and abdomen," but how exactly to use the heart, use the chest and abdomen to feel, you have to experience for yourself.

**Liu Mouren** 2020-10-22 11:20:24 Want to change.

**Wind** 2020-10-22 11:20:29 Can you be aware of this **desire to change**?

**Liu Mouren** 2020-10-22 11:21:41 No.

**Wind** 2020-10-22 11:21:46 Do you want to be aware of it?

**Liu Mouren** 2020-10-22 11:21:49 Yes.

**Wind** 2020-10-22 11:22:10 Can you be aware of this *wanting*?

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**Chloé:** Teacher Wind, guide me once please... can you?

**Wind** 2022-10-22 10:20:31 Can you feel your current feeling?

**Chloé** 2022-10-22 10:21:25 Yes.

**Wind** 2022-10-22 10:21:32 Does it ***stir up*** your desire to control or to be approved?

**Chloé** 2022-10-22 10:21:38 Control.

**Wind** 2022-10-22 10:22:26 Allow yourself to be aware of it.

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**Flavor** 2020-10-22 09:53:28 @Wind Teacher, hello. I always feel *constrained*, very resistant when others ask me to do things, and want to break free. How should I release this!

**Wind** 2020-10-22 09:53:28 Can you feel this **resistance** right now?

**Flavor** 2020-10-22 09:53:28 Yes.

**Wind** 2020-10-22 09:53:28 Is it a desire to control or a desire to be approved?

**Flavor** 2020-10-22 09:53:28 Control. Mm, allow yourself to be aware of it.

**Wind** 2020-10-22 09:53:28 Has it left?

**Flavor** 2020-10-22 09:53:28 No. A little better.

**Wind** 2020-10-22 09:53:28 Do you want to change your current feeling?

**Flavor** 2020-10-22 09:53:28

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**Dissolving feelings.** The feeling becomes clear, surfaces to conscious awareness, and then **dissolves**.

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**Wind:** Can you perceive that you want to change it?

**Yitian** 2020-10-22 12:43:29 A little bit.

**Wind** 2020-10-22 12:43:41 Mm, allow yourself to be aware of this desire to change it. Has it left?

**Yitian** 2020-10-22 12:44:07 No. Not sure.

**Wind** 2020-10-22 12:44:31 Okay, focus again on the issue you want to change. Can you feel your desire to change?

**Yitian** 2020-10-22 12:44:44 Okay. Yes.

**Wind** 2020-10-22 12:45:25 Allow yourself to be more aware of this. Has it surfaced?

**Yitian** 2020-10-22 12:46:12 Not obvious.

**Wind** 2020-10-22 12:46:30 Continue to notice this *unobvious* feeling. Can you become more aware of this unobvious feeling?

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**Wind** 2020-10-22 12:42:40 Think of something you want to **change** or improve. Can you recall it?

**Yitian** 2020-10-22 12:42:58 Yes.

**Wind** 2020-10-22 12:43:11

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Because **wanting to control = lack of control**. The principle is very simple. So when you want to control the release process, you need to notice it. Then you need to notice *what* you

are using to control the release process. For example, you clench your fist. For example, you try hard to figure out what the current feeling is. For example, your body will tightly *hold onto* the emotion. Do you know why you can't release at this time? Because this is a very **strong habit**. There is a lot of emotion behind it, yet you intend to release it *all at once*. If you get **stuck**, notice your desire to control, then *relax* and look at this desire to control, try to release it. You are not releasing all the desires to control, you only need to release the one you see right now. This is my personal experience dealing with being stuck. You release a little bit of the desire to control, and you feel a little smoother. Then you invite more desires to control to be released. Sometimes you will continue releasing this desire to control for one or two hours, finally releasing the strong **inertia** of this "desire-to-control release process." That is when your subsequent releases will become smooth. Because the *program* operating your stuckness has been released. It's that simple.

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**Wind** 2020-10-22 11:57:49 This is being **stuck**. Notice the feeling of being stuck. Then notice your **desire to change** the stuck feeling. Then become aware of the desire to change. If you don't release the desire to change, it will continue to *operate you*, and you will continue to be stuck.

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**Light Dancing Wind** 2020-10-22 11:45:42 @Wind? So do we have to *look for* emotions? We have to be aware, right?

**Wind** 2020-10-22 11:45:56 No need to look. **Awareness is not an effort**. For example, I ask you, what are you feeling right now? You don't need to deliberately perform an action of feeling. If you clearly feel you are angry or sad right now, you will know immediately. If your current feeling is unclear, you will also immediately know that your feeling is vague and unclear. But you often try, through *effort and control*, to make your unclear feeling clear. This is the essence of "looking for feelings."

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**Liu Mouren** 2020-10-22 11:17:49 Suppressed very severely, how should I release? Release the suppression?

**Wind** 2020-10-22 11:18:05 Can you notice your current feeling?

**Liu Mouren** 2020-10-22 11:18:25 No particular feeling.

**Wind** 2020-10-22 11:19:17 A *vague and unclear* feeling?

**Liu Mouren** 2020-10-22 11:20:10 Sort of.

**Wind** 2020-10-22 11:20:10 Do you want to **change** this vague and unclear feeling?

**Liu Mouren** 2020-10-22 11:20:26 Want to change.

**Wind** 2020-10-22 11:20:41 Can you be aware of this **desire to change**?

**Liu Mouren** 2020-10-22 11:21:21 No.

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**Wind:** Desire to change.

**Wind** 2020-10-22 10:45:16 Just be aware of this desire to change. *Gently* be aware of the desire to change.

**Clear Stream** 2020-10-22 10:45:26 Feels like resisting powerlessness to change. Mm, feeling a bit more relaxed.

**Wind** 2020-10-22 10:46:12 Has the desire to change left?

**Clear Stream** 2020-10-22 10:46:19 Yes.

**Wind** 2020-10-22 10:48:48 Mm, be aware of the desire to change.

**Clear Stream** 2020-10-22 10:48:59 Mm.

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**Wind** 2020-10-22 10:39:36 Can you feel your feeling now?

**Clear Stream** 2020-10-22 10:39:48 Yes. Resistance, disgust, forced reluctance.

**Wind** 2020-10-22 10:40:31 Feel this resistance for a while. Just *feel it directly*.

**Clear Stream** 2020-10-22 10:40:44 Okay.

**Wind** 2020-10-22 10:40:58 Can you let it leave?

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**Miracle** 2020-10-22 10:32:54 Some left.

**Wind** 2020-10-22 10:33:19 Mm, continue doing this.

**Miracle** 2020-10-22 10:33:27 Okay.

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**Wind** 2020-10-08 10:42:16 Of course it will be like this, you bring a lot of **resistance** into it. You want to **control** it. If you particularly want to control what happens during release, you will get **stuck**.

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**Hui Zhi Lan Xin** Part of it left, another wave emerges.

**Wind**: Mm, do you want to control them?

**Hui Zhi Lan Xin** 2020-10-21 11:04:34 Just now, without prompting, there was a desire.

**Wind** 2020-10-21 11:05:24 Has it left?

**Hui Zhi Lan Xin** 2020-10-21 11:06:02 Now it's continuously leaving. The throat feels swollen and tight. Is that being stuck? Or is it normal?

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**Wind**: Can you feel this resistance?

**Hui Zhi Lan Xin** 2020-10-21 10:59:44 Yes.

**Wind** 2020-10-21 11:00:05 Desire to control or desire to be approved?

**Hui Zhi Lan Xin** 2020-10-21 11:00:35 Both.

**Wind** 2020-10-21 11:00:52 Which one can you feel more clearly?

**Hui Zhi Lan Xin** 2020-10-21 11:01:18 Control.

**Wind** 2020-10-21 11:01:45 Can you let it leave?

**Hui Zhi Lan Xin** 2020-10-21 11:01:59 Yes.

**Wind** 2020-10-21 11:02:11 Mm, has it left?

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**Sophie** 2020-10-21 10:54:04 Want to become better.

**Wind** 2020-10-21 10:54:22 Can you let it leave?

**Sophie** 2020-10-21 10:54:29 Yes.

**Wind** 2020-10-21 10:55:00 Has it left?

**Sophie** 2020-10-21 10:55:09 Left.

**Wind** 2020-10-21 10:55:32 Did you become more *joyful*?

**Sophie** 2020-10-21 10:55:40 Yes.

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Left.

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When you release a long-term habit, the example Lester gives is smoking. He first has the student **accept** to smoke. Accept smoking. That is, smoking is OK. Why? Lester explained later, because if you think smoking is wrong, you can't even begin to think about releasing it. So accepting it before releasing is indeed something Lester himself said. But it's not about using acceptance to replace release. It's about, after accepting it, *facing it*, and then **releasing**.

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**Wind:** Become aware of more. Has it left?

**Qian** 2020-10-20 11:50:39 It's leaving.

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**Wind:** Can you perceive your desire to change?

**Qian** 2020-10-20 11:48:45 Mm!

**Wind** 2020-10-20 11:48:51

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**Wind** 2020-10-20 11:45:12 @Qian? When you think about money issues, what feeling do you have?

**Qian** 2020-10-20 11:45:36 Wanting to survive.

**Wind** 2020-10-20 11:45:54 Can you let the desire to survive leave? Or is it **stuck**?

**Qian** 2020-10-20 11:46:16 Mm, seems still stuck.

**Wind** 2020-10-20 11:46:32 Do you want to **change** this stuckness?

**Qian** 2020-10-20 11:46:45 Yes.

**Wind** 2020-10-20 11:47:21 Has the desire to change left?

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**Qian** 2020-10-20 11:39:29 Yes.

**Wind** 2020-10-20 11:39:49 Can you simply notice this *wanting*? This is a **desire to control**.

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**Miao**: Current feeling is fear, wanting to survive.

**Wind** 2020-10-20 11:34:42 Can you perceive it?

**Miao** 2020-10-20 11:34:53 Yes, but I don't really want to continue. Is continuing to control also control?

**Wind** 2020-10-20 11:35:39 You don't want to see it.

**Wind** 2020-10-20 11:35:45 You **resist** it.

**Miao** 2020-10-20 11:35:56 Mm.

**Wind** 2020-10-20 11:36:07 Can you notice this desire to control?

**Miao** 2020-10-20 11:36:16 Yes.

**Wind** 2020-10-20 11:36:27 Has it left?

**Miao** 2020-10-20 11:36:50 Mm.

**Wind** 2020-10-20 11:37:06 Do you feel more *joyful*?

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**Qian**: Feel afraid.

**Wind** 2020-10-20 11:33:35 Be aware of whatever you can perceive right now.

**Qian** 2020-10-20 11:33:41 Want to look but also don't want to look.

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Allow yourself to be *more aware* of the feeling in your body.

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**Wind** 2020-10-12 00:23:07 This issue is like this: recognition and control are the world. Having strong attachment and aversion to the world, it happens every moment, I am in these wants like a fish in water. But if you decide to release continuously, letting go of one as it comes, very quickly you will find yourself in this ocean of desires. If you release continuously for a few days, you will become very, very **peaceful**. Beneath this peace, many strong desires will surface very clearly and be perceived, and then just be released in an instant. **Release becomes the norm** because you discover that suppressing it underneath is *unnatural*, always unconsciously holding it down. And this is a deeply ingrained, **powerful habit**. When you have released enough of the desire to control, this habit loses its power, and you increasingly tend to release naturally. Release reaches a point where, for a moment, you suddenly feel that the body is not me; it's just action, but there is no self operating within it. But this identification with the body returns immediately. At the same time, I perceive that as a desire to control, and this desire to control is released. For the subsequent experience, my intuition tells me it's not suitable to speak about. I'll continue releasing.

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**Wind** 2020-10-20 11:10:34 @Miracle? What is your current feeling?

**Miracle** 2020-10-20 11:11:22 Blocked feeling. Strongly rejecting myself.

**Wind** 2020-10-20 11:12:49 @Miracle? Do you want to control this situation?

**Miracle** 2020-10-20 11:13:06 Mm yes. That feeling of resistance is very strong.

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**Wind:** Just be aware of this desire for approval.

**Xiu Yuan** 2020-10-20 11:04:03 Mm.

**Wind** 2020-10-20 11:04:19 Has it left?

**Xiu Yuan** 2020-10-20 11:04:36 Left a bit.

**Wind** 2020-10-20 11:04:49 Is there more?

**Xiu Yuan** 2020-10-20 11:05:05 There are some other feelings.

**Wind** 2020-10-20 11:05:23 Can you perceive them?

**Xiu Yuan** 2020-10-20 11:05:30 Yes.

**Wind** 2020-10-20 11:05:42 Have they left?

**Xiu Yuan** 2020-10-20 11:05:52 Left.

**Wind** 2020-10-20 11:06:08 Did you become a bit more *joyful*?

**Xiu Yuan** 2020-10-20 11:06:20 Yes, smiled.

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**Xiu Yuan** 2020-10-20 11:01:45 Calm. Peace of mind.

**Wind** 2020-10-20 11:02:24 Calm and peace of mind are your current feelings.

**Xiu Yuan** 2020-10-20 11:02:32 Yes.

**Wind** 2020-10-20 11:02:35 Do you still have things you want?

**Xiu Yuan** 2020-10-20 11:02:42 Yes. Debt situation. Want to pay it off.

**Wind** 2020-10-20 11:03:15 Mm, can you perceive whether this desired thing stems from a desire to control or a desire to be approved?

**Xiu Yuan** 2020-10-20 11:03:27 Approval.

**Wind** 2020-10-20 11:03:51

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**Wind** 2020-10-20 10:58:07 @Xiu Yuan? What is your current feeling?

**Xiu Yuan** 2020-10-20 10:58:28 @Wind? Calm, thank you.

**Wind** 2020-10-20 10:58:54 Mm, do you feel very, very joyful, or is it a kind of calm with dissatisfaction?

**Xiu Yuan** 2020-10-20 10:59:43 @Wind? Probably with a tiny bit of something I can't quite describe.

**Wind** 2020-10-20 10:59:59 Mm, do you want to make the feeling better?

**Xiu Yuan** 2020-10-20 11:00:50 @Wind? It feels okay, somewhat experiencing this feeling brought on by encountering things.

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**Wind** 2020-10-20 10:44:28 This is an *unobvious* feeling. Look at this unobvious feeling. Do you hope to **change** it, make it more joyful?

**An** 2020-10-20 10:45:34 Haven't thought about it, only thought about it when you mentioned it [facepalm].

**Wind** 2020-10-20 10:45:45 Because I helped pull it out for you. Something *subconscious*. Can you just be aware of this desire to change?

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But still don't feel very *joyful*, right?

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Focus on the issue you just had, do you want to control or be approved?

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**Wind:** What is your current feeling? Is it clear?

**An** 2020-10-20 10:18:00 Nervous, clear @Wind.

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It was only in the last two days that I understood what **continuous release** means. Basically, each release brings a very abundant release of energy.

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## **Process for Releasing Emotions**

**Step One:** Allow yourself to feel the current feeling, and trace it back to an emotional state (Apathy, Grief, Fear, Lust, Anger, Pride/Indifference – AGFLAP CAP states).

**Step Two:** Ask yourself, can I **let this feeling go**? Am I *willing* to? *When*?

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**Wind:** What is your current feeling?

**Sui Yue** 2020-09-19 11:26:23 Still throat blockage.

**Wind** 2020-09-19 11:27:09 What is the *emotional* feeling? Throat blockage is a physical sensation.

**Sui Yue** 2020-09-19 11:27:51 No emotion, just blockage, ears ringing.

**Wind** 2020-09-19 11:28:09 This is where the problem lies. You say "no emotion," actually you are *not facing it directly*.

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**Wind:** Feel it, what is your current feeling?

**Sui Yue** 2020-09-19 11:15:02 I have experienced decades of suppression, a feeling of gloom. Now I still have a throat blockage feeling, not very relaxed.

**Wind** 2020-09-19 11:15:20

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Firmly believe you can reach inner peace by using the Release Method. **Categorize all your feelings into these three wants: want of approval, want of control and want of safety/security.** Discover and release anytime, anywhere. **Make releasing a habit.** Even if you encounter a bottleneck, **release the desire to control the bottleneck.** Every time you release, you will feel *lighter and more joyful*. If you keep releasing, you will *continuously* feel lighter and more joyful.

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### **Abundance Book Version - Six Steps**

1. You want to attain inner peace, let this "want" **far outweigh** your want of approval, control, and safety/security.

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Notice the emotion of anger. Then use the **three questions** on it. If you continue doing this and feel more and more **stuck**, use the **fifth step** of the six steps. See if you want to **change** this stuck feeling. Then ask yourself if you can let this desire to change leave. Check out the 1992 Release Method course to learn how to use the chart. Sedona Method 1992 Teaching Video 1 If you are a beginner, watch this first.

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1. Allow your desire for **imperturbability** or **freedom** to exceed your want of approval, want of control, want of safety/security, and want of separation.
2. Affirm that you can gain freedom, reach a state of imperturbability, or achieve your goals through **releasing**.
3. Allow yourself to examine all your feelings, **categorize** them into the four basic wants: want of approval, want of control, want of safety/security, and want of separation, and then allow yourself to **let them go**.
4. Make releasing a **regular practice**, always releasing the four basic wants, whether in public or alone.
5. If you truly get stuck somewhere, **release the desire to control or change** this stuck situation.
6. Every time you release, you become *happier, lighter, and more effective*. If you keep releasing, you will become *progressively* happier, lighter, and more effective.

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**Wind** 2020-10-01 20:31:34 What is the emotion feeling like? *Identify* it. You can use the chart for assistance.

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**Step One:** You must want **freedom** more than you want the world. (You must want freedom more than you want approval and control. Approval and control = the world)

**Step Two:** Make the **decision** for freedom.

**Step Three:** All feelings come from the want of control and want of approval. They are survival programs. **Release them.**

**Step Four:** **Release continuously.**

**Step Five:** When you are **stuck**, release the **desire to change** the stuck feeling.

**Step Six:** Every time you release, you are *more joyful, lighter, and freer from limitations*. As you release, you become *progressively* more joyful, lighter, and freer from limitations.

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**Step One:** You must want **imperturbability** more than you want approval and control.

**Step Two:** **Decide** you can do this method to reach imperturbability.

**Step Three:** See that all emotions stem from two wants, want of approval and want of control. **Immediately see and immediately release** the want of approval and control.

**Step Four:** Make it a **constant practice**. Release all your wants of approval and control whether alone or in front of others.

**Step Five:** If you are **stuck**, let go of your **desire to control** this stuckness.

**Step Six:** Every time you use this method, you will feel *lighter and happier*. If you keep using this method, you will *continuously* feel lighter and happier.

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**Step Six:** Every time you release, you are *more joyful, lighter, freer from limitations*. As you release, you become *progressively* more joyful, lighter, freer from limitations.

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**Step One:** You must want **freedom** more than you want the world. (You must want freedom more than you want approval and control. Approval and control = the world)

**Step Two:** Make the **decision** for freedom.



**Step Three:** All feelings come from the want of control and want of approval. They are survival programs. **Release them.**

**Step Four: Release continuously.**

**Step Five:** When you are **stuck**, release the **desire to change** the stuck feeling.

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**Me** 2020-09-28 13:17:23 @Wind? Does the original text say "want of control" or "want of change"?

**Wind** 2020-09-28 13:17:41 Which step are you referring to? Step five is **want of change**. Step three is **want of control**. Control. **Want of change is a type of want of control**. It's not that there's a want of change separate from want of control. Step two emphasizes **decision**, decision.

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If it's a feeling you particularly dislike, that makes you uncomfortable, then you definitely have a **desire to change** it. If it's a **vague feeling**, then you definitely want to figure it out. Lester talked about facing vague feelings, **releasing the desire to change**, the desire to figure out.

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Today I finally understood the process of Lester Levenson creating the Release Method. He invented this release process in 1975. Then a student of his heard that he had his own method and immediately ran over to learn it. Before that, he had tried many teaching methods, attempting to get people to reach his state. Those are the processes recorded in *The Ultimate Freedom Path*. And those were unsuccessful experiences because very few people made progress. The main attempts were meditation, meditating with questions, and a series of other methods. Until 1975, he discovered that just doing one **"release"** could equal months of meditation results. So he shared this method with his followers. From then on, the **Release Method** was established. So I'll share the content of this material. Don't think of meditation as "advanced" anymore. **Meditation is lowering the level.**

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2020-09-27 23:33:22

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I respect your view of The Sedona Method, you seem sincere. I have been working on it for over 5 years now, during which I used Cranes for about 10 months, then Dwoskins for a year, and finally I used Seretan's program for two years, then I went back to Crane until about 2 months ago. (Crane and Seretan wrongly claim to teach the original method exactly

as Lester taught it.) Over the past 5 years, I have made steady progress with this method, but very slowly. I kept wondering how Lester got free in **3 months**. Recently, I got very frustrated and bought two Lester CDs, one from an album of his from the early 1980's, and another is an interview about how he got free when he was in his New York apartment. I listened to these for hours, and a major theme Lester gave me was the **simplicity and speed** of his program... He said "at most a few months to get free." I committed to doing **exactly as he taught**, just as he was when he was free in his New York loft. So I did two months of work, and I failed to release (using Crane's method). I did Lester's instructions as he gave them, and I **released within minutes**. If I had known, I could have done this in 6-9 months instead of wasting time on the ways Crane, Dwoskin, and Seretan teach it. I see many complaints about how this method gets stuck and sputters. I realize they **teach it wrong**; essentially they changed the way it should be taught. It's shameful, and it's to get as much money as possible. How many people could be healed if they just used the correct way? IMHO, Lester never got into these multiple release methods - it's just confusing.

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**Hui Xuan** 2020-09-25 17:19:30 Isn't the "Four Foundations of Mindfulness" about feeling emotions, allowing emotions to surface?

**Wind** 2020-09-25 17:19:59 The Four Foundations of Mindfulness is about observing, analyzing, mind, matter, phenomena. This is a very **different path**. This requires the concentration of "momentary concentration," which is very different from the Release Method.

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**Advanced Method Directly release the two major wants.** Including the desire to change the current stuckness. But this must be done on the basis of *familiarity* with releasing. Otherwise, it's just random thinking in the mind. If you can perceive the desire to change, it will be easier to release.

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The chart has many uses. If you can't perceive emotions, you can look at the chart for assistance. This is one use mentioned in the course. Or if you feel several kinds and can't be sure, then first release the *surface* one. If you feel your feeling is particularly *vague and unclear*, then this feeling is "vague and unclear." Directly trace it back to **apathy**.

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Actually, this **desire to change** is you tightly pressing those emotions down. The suppressed emotions themselves *want to leave*. You let go of this topmost "desire to change," the ones below will *naturally surface*. You release, and it will continuously surface, like **waves**.

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That "**vague feeling**" in it gave me a great insight. That is, if you feel an *unclear* feeling, don't try to make it clear. Instead, see your **desire to change** this vague and unclear feeling, then release the desire to change. This *trick* helped me a lot. Only release the stuck feeling, or even the vague feeling, you might not even be able to see it, because you're trying to escape it, or at least wanting to change this vague and unclear feeling - whatever it is. His tone of voice emphasized this sentence: *only only release the stuck feeling or even the vague feeling*.

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For example, if you can't find the emotion, you're just **stuck** there. When you're stuck, you will want to *stir it up*. That is, you think the current emotion isn't an emotion. You want to **change** this feeling, which is why you want to stir it up. But Lester's meaning is, just **release the feeling of being stuck** there. Release continuously. Because stirring it up is like taking a *detour*. It's like you're bypassing the feeling that is currently blocking your way.

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Contact the feeling, then *consciously* let it leave. In the specific method of the Release Method, it is not recommended to use thoughts to trace back because it might make you imagine in your mind. The pros/cons exercise exists. But Lester called it an **elementary way**. The elementary school way of releasing. You like this, you don't like that.

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That is, do you feel this feeling is too *vague and unclear*? Do you want to **change** it? Release the desire to change it, and this vague and unclear feeling will **immediately become clear**.

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*Tencent Translator*

Hi Sanford. The foundation of both Larry Crane's and Hale Dwoskin's approach...

Hi Sanford. The foundation of both Larry's and Hale's approaches is **Lester's teachings**. They are built on the same basic process of **letting go** and the sense of self-limitation, which is based on our misunderstanding of lack. Their difference is that Larry's approach focuses purely on **letting go to reveal freedom**, while Hale's opens up the teachings,

acknowledging that our already existing infinite reality can be known in this moment, without needing any technique. However, Hale's method fully includes the same letting go process as Larry's. But Hale also adds simply broadening the path to **pure inquiry**, which can reveal our deepest nature, even observing these words. Here it comes. I hope this helps you. I send you greetings, David

### *Key Vocabulary Interpretation>*

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2020-09-23 09:33:57

The reason this question arises is because many people **stagnate** here. **Stuck**, stagnant. Any feeling that stops you is a **stuck feeling**. It's not that there's a special feeling called "stuck." This point is quite important.

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A feeling of **gripping**. The feeling seems *stuck on*, not leaving. Or subconsciously wanting to *escape*, afraid to touch it.

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You ask "Can I perceive the desire to control?" Then you look at the desire to control, and you basically tend directly to let it go. Then you can look again at that situation to see if you have a desire to control, and then allow yourself to perceive it again. Ask yourself "Can I let it go?" Look again to see if there's **more**.

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These four paths are: the **rational**, which is the mental path; the **scientific**, which is the specific methodological path; the **emotional**, which is the path of love and devotion; and the **active**, which is the path of practicing selfless service to humanity.

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*Will go do other things.*

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It's just looking at the goal, an emotion surfaces, **release it**. Look at the goal again, has it reached the "already achieved" state? If not, then it must be want of control and want of approval (emotionally, feelings of powerlessness, lust, anger, fear, etc.)

**\*\*Release the topmost feeling. \*\* \*\*One by one. \*\* \*\*Until completely emptied.\*\*** From my personal experience, continuing like this, you will reach a state of "I am very confident the goal can succeed." But this state won't do; this state still needs releasing. This should be around the level of pride and fearlessness. I have tested the goal process many times. Generally speaking, beneath this "I believe it will definitely succeed" feeling, there are still many *\*subconscious\** emotions. After releasing, quite a bit more will emerge. What is the feeling of a truly **\*\*completely released\*\*** goal like? It's that moment of **\*\*\*"knowing"\*\*\*** (without thinking, without believing) that the goal is already mine, very clear. As if it's right in front of me. At that time, you won't want to do anything to get it, because you are completely sure it's already yours. At that time, I generally won't think about it anymore.

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**Wind** 2020-09-20 17:58:32 Can you allow yourself to feel the **fear** for a while?

**Group Friend** 2020-09-20 17:58:35 Heavy. Probably can.

**Wind** 2020-09-20 17:59:09 Can you let it go?

**Group Friend** 2020-09-20 17:59:35 Yes.

**Wind** 2020-09-20 17:59:41 Are you *willing*?

**Group Friend** 2020-09-20 17:59:51 Yes.

**Wind** 2020-09-20 17:59:59 *When*?

**Group Friend** 2020-09-20 18:00:08 Don't know.

**Wind** 2020-09-20 18:00:16 What do you feel now? Do you feel like some was released? Or is it still *stuck* there, unmoving?

**Group Friend** 2020-09-20 18:01:31 Can't say clearly. Feels like heaviness and grief.

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**Emotion Chart: Imperturbability, Want of Safety/Security/Wanting to Survive, Want of Approval, Want of Control**

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**Wind** 2020-09-11 14:00:08 Venting doesn't count as releasing, right? Suppression, escape, expression, release. **Venting is expression, not release.**

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**Wind** 2020-09-11 08:25:06 But isn't this easy to fall into wanting to control? From my personal experience, as long as I am **overly conscious**, I get stuck. Later, someone told me it's because I overly focused on body energy; I should be aware of the **emotion itself**. But this is too subtle. A slight lack of attention and you're suppressing it again. Is it necessary to categorize emotions into one of the nine emotions?

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### **Original Sedona Release Method >**

**Wind** 2020-10-12 09:20:17

Learning from release cases is the easiest method. To learn how the process operates, the best way is to experience it yourself, see how others operate, follow along yourself, or have someone guide you. You'll learn quickly. So you'll see that the Sedona Institute teaches very little theory, and the practical part is entirely example-based guidance. The entire eight videos are constantly showing you how others release.

One term is emphasized: ***stir up***. This is a guidance frequently used in later videos. What is the current feeling? What desire does it *stir up* (arouse)? Because previously using "what desire does it come from" might make people subconsciously use their minds to analyze the cause. So this point can be emphasized; you can use "stir up," see your current feeling, see if it stirs up your desire to control, or desire to be approved, or desire for safety.

Group member **"Jidi"**: I feel I still don't know how to release. How do I allow the desire to leave? If I allow it to leave, will it definitely leave?

**"Wind"**: Mm, it itself *wants to push itself out*. You just need to **let go of the force of suppression**.

**"Jidi"**: I understand, but I don't know how to do it myself.

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**Carry out these three things and you will quickly reach imperturbability.**

1. **Release only these three wants.**
2. **Make it continuous and release immediately.** Allow the want of approval, want of control and want of security to come into your awareness and **immediately let it go**.
3. **Make it a Do It Yourself tool.**

You now have everything you need to go all the way to **imperturbability**.

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**Tian Cheng** 07:17:49

**Wind (Wind)** That's not this individual's responsibility. There will be an Avatar to take on the image of public teacher.

**True Love** You will also merge directly into the Infinite like Lester?

**Wind (Wind)** I will.

**True Love** Why not become a great master who universally saves all beings, like Buddha and Jesus?

**Wind (Wind)** This is spoken by your current **sense of self**.

**Wind (Wind)** When you eliminate the sense of self, you will see the complete plan.

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**Emotion Chart: Imperturbability, Want of Safety/Security/Wanting to Survive, Want of Approval, Want of Control**

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**Goals and Success**

Continuously release feelings about success and failure until you feel completely more able to succeed in your life.

**Goal:**

**\*\*For Goal Success\*\*** What is my current feeling? Completely released?\* Do I feel good now?\* **\*\*For Goal Failure\*\*** What is my current feeling? Completely released?\* Do I feel good now?\*

What is my current feeling? Completely released?\* Do I feel good now?\* What is my current feeling? Completely released?\* Do I feel good now?\*

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**All That Is**

Allow all Beings - One - One - One - One - One - One - One - One - One - One -

**All is Me, I am All / Backdrop of Reality**

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*[Labor Day Special] Ramana Maharshi Three Pieces: Work...*

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I don't have to think or strive on those things I want to obtain, like wanting approval, to also have it.

If you don't release that stuckness, and the small tendencies, you **let it run you**. The more stuck, the more you must **continue to release**.

If you don't release the tendencies you use to *escape*, then you will escape, pressing the deeper things you want to escape from further down.

Find the guidance that works for you, and **do it**, rather than getting stuck in confusion by dwelling on several guidances.

Deeply experiencing that we live in **"wanting"** every moment. Releasing one motive of "wanting" terminates related emotions and thoughts, feeling a profound **stillness**. Continuously releasing "wanting" constantly weakens the awareness as the **"doer,"** making life more like a "happening" scene after scene.

There is **nothing out there**. The only component of things is my feeling, and they are all wants of control and wants of approval.

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There is **nothing out there**. The only component of things is my feeling, and they are all wants of control and wants of approval.

**Infinite energy** is constantly being suppressed by me. When I release a desire, a part of it emerges.

I don't need to understand a thing through the mind. Every thought obscures some inherent **"knowing."** When I discard knowledge and mind, I directly know everything.

**Release continuously, just release continuously.** The path is already clear, the destination is in sight, just keep going.

**Implement the six steps.** When I don't want freedom, remind myself how good freedom is. Make a **decision**. All obvious and unobvious feelings are wants of control and wants of approval, **release them**. Every release makes me *freer*.

I cannot possibly be **stuck**, because my stuckness is actually a **desire to change**. This is something that needs releasing. Release cannot be stuck; it cannot passively stop.

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**Emotion Chart: Imperturbability, Want of Safety/Security/Wanting to Survive, Want of Approval, Want of Control**

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October 30, 2020

**Wind** The peak is **imperturbability**, absolute stillness that cannot be disturbed by anything.

**Wind** 7:47 PM It is **freedom**.

**Wind** 7:48 PM It is **omniscience, omnipotence, omnipresence**.

**Wind** 7:48 PM It is **infinite existence**.

**Wind** 7:48 PM As long as you are not omniscient, not omnipotent, not omnipresent, you haven't reached the peak.

**Wind** 8:19 PM Omniscient, omnipotent, omnipresent.

**Wind** 8:19 PM This is **enlightenment**.

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**Tian Cheng: Samadhi**, what does it actually mean?

**Wind** 11:58:50 Samadhi is the state of **oneness with the Infinite**.

**Wind** 11:59:01 Even if you **glimpse** it once, you have entered samadhi.

**Wind** 11:59:17 But before it, there are the preliminary concentration states and many levels of meditation.

**Tian Cheng** 11:59:29 So, entering samadhi means you can know everything?

**Wind** 11:59:43 Many people mistake some very *shallow* experiences for samadhi.

**Tian Cheng** 11:59:47 All knowledge? Regardless of anything?

**Wind** 11:59:58 At the moment of entering samadhi, you are **omniscient**.

**Wind** 12:00:07 It's just that when you fall out, you *forget*.

**Wind** 12:00:31 But if it's **Nirvikalpa Samadhi**, you never lose it, and you never come out of it.

**Tian Cheng** 12:00:56 Mm.

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**Wind** 6:35 PM When that **lack** is released, from the cause, truly everything ends.

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**Wind** 6:32 PM But what is the **cause**?

**Wind** 6:33 PM The cause really is just the **basic wants** we often talk about.

**Bing Zi** 6:33 PM Mind program.

**Mini** 6:33 PM The **three major wants**.

**Wind** 6:34 PM You created a kind of **lack**.

**Wind** 6:34 PM That lack was not immediately filled.

**Wind** 6:35 PM So it developed everything that followed.

===== Page 107 =====

**Wind** 6:30 PM For example, why is our material world so **stagnant**?

**Wind** Because **creation was delayed**.

**Wind** 6:30 PM Because you were unable to recognize that **mind is the cause**, so you imagined all those causal connections.

===== Page 108 =====

But the cause, slightly delayed in finding the object to satisfy it, first produces a body composed entirely of **light**. This body is produced precisely when, having the desire, you *visualize* it. This process is almost simultaneous with the occurrence of your thoughts. Next come up and down, front and back, pairs of thoughts one after another. Those continuously developing thoughts accumulate, feelings go from *light to heavy*. Heavy feelings accumulate a series of connections, relationships, intricate cause and effect. From this blueprint of the light body image, it constitutes the physical body I now identify with.

===== Page 109 =====

*October 22, 2020*

**Wind** For a moment, I became aware of **all the thoughts in the universe**.

**Wind** Hard to describe.

**Wind** The most important part was that I became aware of the **three bodies**.

**Wind** I saw that when we release desires, that **"causal" body** is changing.

**Wind** Let me explain this experience.

**Wind** The initial body is when your desire arises, it immediately creates a cause, and you identify with that body.

**Wind** Mm, I immediately found the corresponding knowledge in what Lester said, that is the **causal body**.

===== Page 110 =====

*March 17, 2021*

**Wind** Even if you hold onto the works of certified masters like Lester, Yogananda, and read them, as long as you **deviate from the six steps**, you still cannot be free.

**Wind** I am giving a simplified answer: **implement the six steps**, walk towards the destination.

**Wind** If in the future someone or some high being appears before you, claiming to be free, what do you care about him for?

**Wind** You have the **six steps**.

**Wind** Even if he is a master, you don't need him.

**Wind** Continue using the Release Method until you reach the destination.

===== Page 111 =====

**Wind:** If it's *unclear*, then **feel the unclearness**.

**Wind** 11:29:19 And notice your **desire to change** the unclearness.

**Wind** 11:29:29 **Release it**, and it will automatically become clear.

**Wind** 11:30:07 Do not try to use *extra techniques* outside the process to deal with problems encountered in the process.

**Wind** 11:30:18 The **release process itself** can handle all situations.

**Wind** 11:30:49 Including "can't feel emotions," including "vague and unclear," including "stuck," including "confusion."

**Wind** 11:31:06 These can all be resolved after going through the release process.

**Wind** 11:31:17 No prerequisite exercises are needed.

**Wind** 11:31:20 Just **practice the process itself**.

===== Page 112 =====

**Wind 11:26:41** Because if you **strive** to find a feeling there, that is **wanting to control**.

**Wind 11:26:48** If you want to control, you won't get control.

**Wind 11:26:52** It's that simple.

**Wind 11:28:19** So, very simply, when you are heavily suppressed, you **feel this vague and unclear feeling**.

**Wind 11:28:29** **Release your desire to change** this vague and unclear feeling.

**Wind 11:28:49** When the desire to change is released, you will be able to feel your current feeling **more clearly**.

**Wind 11:29:03** This really doesn't require *effort* to feel.

===== Page 113 =====

**Continuous release** doesn't mean you maintain a concept of continuous release. **Continuous release means you do one release, experience inner liberation, and then release again.** This rhythm is entirely up to you. After releasing the want of approval for one thing, you can ask yourself "**Is there more?**" to continue releasing. You can also feel the current feeling and ask yourself "**Is it a want of control or a want of approval?**" to continue releasing. Of course, if you find you want to *hold onto* the feeling, don't want to release, you can also ask yourself "**Is this wanting to control?**" to continue releasing. If, at this time, you want to do something else, then you can of course also choose to release on that thing. Feel it, what do I want to gain through that thing? Is it a want of control or a want of approval? Or is it a want of safety/security? These are all ways for you to **continue releasing**.

===== Page 114 =====

*Floating up like waves and then leaving.*

**19:49:01** When release reaches a certain point, the **momentum** becomes very strong. As soon as you make the **decision** to release, it will carry you along.

**19:49:17** You don't need to operate as deliberately as before.

===== Page 115 =====

**Wind 19:46:30** **\*floats up and out \***

===== Page 116 =====

**Unmoved Mind** 19:45:18 @Wind Wind, may I ask, when releasing reaches a certain point, if it's like you also use the process step by step to release, or as soon as you perceive any wanting, it leaves, and you don't need to ask the questions anymore?

===== Page 117 =====

**Wind:** If you feel there is a problem, then there **must** be a desire. Suppression means the **want of control** is operating. Release the want of control, and you won't suppress. The *underlying* wants of approval and wants of survival will surface. But if you don't release the deeper wants of approval and wants of survival, the want of control will keep being discovered. So, **continuous release is key**. Let release happen again and again. **One after another**. Reach deeper and deeper layers. Just let them **float up and leave directly**. If there's a desire to change, release the desire to change. If you release enough, it will be like Lester said "**floats up and floats out**." Like **waves**, continuously being released out. This time in retreat, it floated for two days. Was so high. Being able to use the **six steps** is the advanced stage. Alei's advanced course is just repeatedly explaining how to practice the six steps.

===== Page 118 =====

**Big Yellow Cat** 20:18:15 Mm, now when awake, I can basically perceive feelings anytime. As for releasing, when alone, I can stay in the release state. But as soon as I interact with people, I'm basically carried away.

**Wind** 20:19:03 Now you need to **release consciously**.

**Big Yellow Cat** 20:19:19 When interacting with people, how can I maintain interaction while releasing continuously?

**Wind** 20:20:02 You can do releases targeting it when you are alone.

**Wind** 20:20:15 "**I allow myself to release when interacting with people.**"

**Wind** 20:20:24 Release all feelings about this **goal**.

**Wind** 20:20:30 Until you are sure you can do it.

**Big Yellow Cat** 20:21:54 Okay 👍👍👍

===== Page 119 =====

*March 17, 2021*

**Big Yellow Cat** 20:09:09 Teacher Wind, before you were free, out of 24 hours a day, approximately how many hours were you in a state of release?

**Wind 20:16:00** Actually, as long as you spend **more than 50%** of your waking hours doing release every day, you'll find that the **inertia of release** gradually becomes greater than suppression.

**Wind 20:16:12** Then, you will **release continuously**.

**Wind 20:16:24** You will release very **naturally**.

**Wind 20:16:33** Release becomes as normal as **breathing**.

**Wind 20:16:42** You will reach **24 hours**.

===== Page 120 =====

**Wind 01:48:54** That's because you can no longer surge higher.

**Wind 01:49:03** The **troughs** have also been released.

**Tian Cheng 01:49:59** Do troughs manifest as being stuck?

**Wind 01:50:04** Being stuck is just you **wanting to control**.

**Wind 01:50:15** Troughs are **heavy feelings (editor's note: "emotional painbody" per Eckhart Tolle's term)**.

**Wind 01:50:24** You allow them to surface, allow them to leave.

**Wind 01:50:27** Then you won't get stuck.

**Wind 01:50:34** If you get stuck, you **release the desire to control**.

**Wind 01:50:37** It's very simple.

**Tian Cheng 01:50:50** Is the heavy feeling **fear of death**?

**Wind 01:51:12** **Every feeling is heavy**.

===== Page 121 =====

*March 13, 2021*

image[[189, 52, 252, 97]] **Tian Cheng:** @Wind When reaching a high point and continuing, charging forward without stopping, is it possible to not experience troughs and go straight to **Nirvikalpa Samadhi**?

image[[189, 190, 252, 235]] **Wind** 01:45:53 So-called troughs are **heavy emotions**.

image[[267, 279, 291, 296]] **Wind** 01:46:21 When you reach a high point, you invite the **fear of death** to surface, which is a very heavy feeling.

image[[267, 391, 291, 408]] **Wind** 01:46:58 Lester describes it as a **roller coaster**.

image[[267, 484, 291, 502]] **Wind** 01:47:12 When you go higher, you can also allow **lower** feelings to surface.

image[[267, 599, 291, 616]] **Wind** 01:47:25 Each time you will surge high, then trough.

image[[267, 712, 291, 730]] **Wind** 01:47:58 Until you fall down, and end up landing in your **infinite existence**.

**Tian Cheng:** So that's how it is.

===== Page 122 =====

**Wind** 10:52 PM The **perfect map (Six Steps of Lester Levenson)**.

**Wind** 10:52 PM Change it even a little and you cannot be free.

**Wind** 10:52 PM **Implement it and you can be free.**

**Wind** 10:52 PM It's that simple.

**Wind** 10:53 PM Releasing emotions is also useful, but **the three major wants are faster**.

**Wind** 11:02 PM Is your current feeling a want of control or a want of approval?

**Wind** 11:02 PM Can you allow yourself to be *more aware* of it?

**Wind** 11:03 PM Can you **let it leave**?

**Wind** 11:03 PM These few sentences take a few seconds?

===== Page 123 =====

**Basic wants drive emotions, nine emotions drive hundreds of feelings, feelings drive thousands of thoughts.**

**Wind : Want of survival is the root, wants of approval and control are the trunk, emotions are the branches, feelings are the twigs, thoughts are the leaves.**

**Wind** Trimming leaves one by one, how long will that take?

**Wind** ☺

**Wind** So it's just about **efficiency**.

**Wind** Lester says, if you release the nine emotional categories, for example releasing fear, it would take **hundreds or thousands of lifetimes**.

**Wind** That's just **one** emotion.

**Wind** If you release thoughts, multiply hundreds or thousands of lifetimes by **tens of millions**.

===== Page 124 =====

**Wind:** No need, you just need to **decide** to pick it up.

**09:26 Wind**

**09:26 Release the "want," let the whole world become your water glass.**

**09:26 Wind**

**09:27** When you want to pick it up, you can just pick it up.

**09:27 Wind**

**09:27** At this time, you won't want to save, because everything is yours, what are you saving for?

**09:27 Wind**

**09:27** You only create it when you need it.

===== Page 125 =====

Most things happen according to your wanting. When you move to **acceptance** and even to **imperturbability**, almost nothing is impossible. Of course, when you reach the so-called **imperturbability**, that ultimate stillness which cannot be disturbed, you become **omniscient, omnipotent, omnipresent**. Your **"want" will weaken**, your **"deciding to obtain" will increase**. **Release the "want," and you will feel/ having**. When you have released all wanting, you will feel you **possess the whole universe**. At that time, if you want to accomplish something, it's like picking up a water glass from the table.

===== Page 126 =====



*July 26, 2021*

**New Time 17:19:33** After asking the question "Can you let it go?", is answering "yes" or "no" more conducive to releasing, or does answering or not answering not matter?

**Wind 17:19:45** By the end of the course, questions are asked **very little**.

**Wind 17:19:49** **The questions are tools.**

**Wind 17:20:09** When you need to use them, of course, pick them up and use them.

**Wind 17:20:30** But when you've **already released** after realizing the desire, why would you still look around for tools?

**Wind 17:20:35**

**New Time 17:20:44** *Got it.*

===== Page 127 =====

Just had another small insight while releasing: If you don't release the tendencies you use to **escape** (e.g., subconsciously maintaining control by looking at your phone, seeking approval by talking to others), then you will escape, pressing the deeper things you want to escape from further down.

This can be solved by a **decision**. A decision. **Decide to release this tendency.**

Often because of **inertia**, you tend not to solve it with release, but choose **suppression**. When you discover a problem, your first reaction is to cover it up ☑

For example, I just had a minor issue with my computer. The file wouldn't open. My first reaction was to *suppress* the feeling of wanting to control, and figure out the problem. Instead of **releasing** the desire that had already surfaced. I consciously corrected it.

===== Page 128 =====

**18:13** Wanting freedom.

**18:14 Released.**

**18:14 Wind 18:14** Now can you see this desire to control?

**18:14 Wind 18:14** Has it left?

**18:14** *Left.*

**18:16** This demonstrates the use of the **first step**.

**18:16 Wind 18:17 Six Steps Step One.**

**18:17 Wind 18:17** If you get stuck, use **step five**.

===== Page 129 =====

*November 7, 2020*

**Wind** Now, are you more willing to remain *entangled* in these wants of control, or are you more willing to **release them and be free**?

**D** Of course I want freedom.

**Wind** So, compared to controlling these feelings, **do you want freedom more?**

**D** Yes, indeed.

**Wind** Can you let go of the desire to control it?

**D** Stuck.

**Wind** Do you want to keep controlling this stuckness, entangled with it to the end, or **do you want freedom?**

===== Page 130 =====

**Tian Cheng** 00:47:35 So, after freedom, can great masters still live with their families?

**Wind** For example, William the Conqueror.

**Wind** Krishna exemplified the **householder master**.

**Wind** You won't lose your family, you won't lose your dear world.

**Tian Cheng** In this era, must a master be a hermit?

**Wind** Hermit means **not being known** as a master.

**Wind** Hermit doesn't necessarily mean you have to hide away in the mountains.

**Wind** Living in the world like an ordinary person is also a form of hermitage.

===== Page 131 =====

*March 17, 2021*

**Tian Cheng** Teacher, does this mean that if I attain **Ultimate Freedom**, I cannot continue to stay in the world?

**Wind** It's up to you to **decide**.

**Wind** **Freedom means freedom.**

**Wind** There is **no compulsion**.

**Tian Cheng** Can I still continue to stay by my family's side?

**Wind** Of course.

**Tian Cheng** I see myself **fearing freedom**, afraid of losing my family after freedom.

**Wind** There have been quite a few **householder masters**.

**Wind** Masters can even be **kings**.

===== Page 132 =====

**Carry out these three things and you will quickly reach Imperturbability.**

1. **Release only the three wants.**
2. **Make it continuous and release immediately.** Allow the wanting approval, wanting to control and wanting security to come into your awareness and **immediately let it go.**
3. **Make it a Do It Yourself Tool.**

You now have all you need to go all the way to **imperturbability**.

===== Page 133 =====

**Wind** 21:01:24 Just what I posted today, **relearn it every time**.

**Wind** 21:01:50 Actually, the **six steps** serve this purpose too.

**Wind** 21:02:05 Don't let the words obscure their true meaning.

**I am Infinite** 21:02:46 You say it's vague again.

**Wind** 21:03:05 Lester also thought you would get vague.

**Wind** 21:03:20 So at the very end, two years before he left, he summarized **three**.

**Wind** 21:03:32 Those three are a **further condensation** of the six steps.

===== Page 134 =====

**Wind 15:16:31** Actually, in '92, Lester had already simplified the six steps further into **three steps**.

**Wind 15:16:42** These three steps are the **way to practice** the six steps.

**Wind 15:17:23** You can find this three-step process at the **end of the workbook**.

===== Page 135 =====

*July 26, 2021*

**Maple Forest Era 15:13:35** If stuck, release the feeling of wanting to change. I know now I want to change, release the desire to change, but **no progress**. Should I just keep releasing this desire to change (desire to control), keep asking endlessly?

Wind 15:13:46 : No.

**Wind 15:14:37** You don't need to **always ask yourself questions**.

**Wind 15:15:07 Questions are a teaching method.** At the end of the course, if you have mastered this method, he will tell you the **six steps**.

**Wind 15:15:16** Why does the course tell you the six steps at the very end?

**Wind 15:15:29** Because, **before you learn to release**, these words are just words to you.

**Wind 15:15:49** But **after you learn**, you have already experienced those things.

**Wind 15:15:59** Therefore, you don't need any extra explanation to explain the six steps.

===== Page 136 =====

*December 22, 2020*

**Wind** Regarding questions like "can I achieve xxx," I hope you can remember a sentence from Lester.

**Wind every impossible, no matter how impossible, becomes immediately a possible, as you completely released on it.**

**Wind Every impossibility, no matter how impossible, immediately becomes possible, once you have completely released on it.**

===== Page 137 =====

*November 20, 2020*

**Tian Cheng** I want to ask you for advice.

**Tian Cheng** How can I move towards freedom **more quickly**?

**Wind** Use it continuously, use it to the extreme.

**Wind** I can't give better advice than that.

**Wind** I strongly suggest you **use it on everything**.

**Wind** Utilize those goals.

**Wind** Use **continuous attainment** to promote your own release.

**Wind** To **enhance the motivation** for release.

**Wind** If you get used to using it on every one of your goals, you will soon **reach that place**.

===== Page 138 =====

**Wind** 9:53 AM Now **all masters** are paying attention to people practicing the Release Method.

**Wind** 9:53 AM Because it is the **only method of this era**.

**Wind** 9:54 AM Other methods **cannot guarantee** you reach the destination in this lifetime.

**Wind** 16:37:37 You are **originally free**, just obscured by the mind.

**Wind** 16:37:44 Freedom is not creating something.

**Wind** 16:37:51 It's just **ending an illusion**.

**Wind** 16:40:15 If you truly want freedom, **Lester will inject it into you** (*referring to injecting the inspiration to practice the Release Method*) ←

**Wind** 16:40:37 I'm not joking, **Lester has always been supporting this work**.

**Wind** 16:40:56 He is **supporting everyone** using the Release Method.

===== Page 139 =====

**3:27 PM Bethlehem Star:** The Buddha's saying "Dhamma as island" does not mean relying on a method.

**Wind Dhamma** means relying on **truth**.

**Bethlehem Star** What does it refer to?

**Wind Reality.**

**Wind Rely on yourself, rely on universal truth, besides that, rely on nothing.**

**Wind Attadipa, Dhammadipa, no other refuge.**

**Wind** The Buddha's last words.

**Bethlehem Star** Indeed, the Buddha.

===== Page 140 =====

**Wind:** It's not about wanting speed; you can **only rely on yourself**.

**Wind** Rather, you can **only walk to the destination by yourself**.

**Wind** That step can **only be taken by yourself**.

===== Page 141 =====

**Wind 15:19:05 Attadipa, Dhammadipa, no other refuge.**

**Wind 15:19:15 Attadipa** comes first.

**Wind 15:19:19** You **must rely on yourself**.

**Bethlehem Star 15:19:27** Goodness.

**Bethlehem Star 15:19:40** So **self-reliance** is very important.

**Wind 15:20:23** Actually, there is **no method that achieves enlightenment relying on others**.

===== Page 142 =====

**Wind 22:26:34** Don't wait until a gun is pointed at your head to do it.

**Wind 22:27:29** You all know yourselves very well.

**Wind 22:27:51** Although not so deeply, you will know your own actions.

**Wind 22:28:06** If you have **dependence**, you will cling to it.

**Wind 22:28:31** If you depend on the outside, you won't discover the inner **infinity**.

**Wind 22:28:37** These things are all very simple.

**Wind 22:29:01** As someone who has attained **Ultimate Freedom**, I cannot be here.

**Wind 22:31:31** As a **self-reliant** method, the Release Method doesn't have that many problems.

**Wind 22:31:42** All problems arise when you **deviate from the six steps**.

**Wind 22:32:00** Therefore, either you **return to the six steps and continue releasing**, or you move towards limitation.

===== Page 143 =====

**Wind:** When you seek help outwardly, that is an **opportunity**.

**Wind 22:22:40** **Perceive it, release.**

**Wind 22:22:51** Find everything you want **inwardly**.

**Wind 22:23:05** Absolute security is only found in your **infinite existence**.

**Wind 22:23:51** Among all help, there is no better help than **destroying all your supports**.

**Wind 22:25:20** Lester told me the world would "**knock down his supports**," so everyone would be forced to find answers from within. "That's good," he said. "Not explosion, but **ascension**," he laughed. Currently, people always seek happiness externally using various escape methods provided by the world. Eventually, when external escapes are endless, he predicted, we will be **forced to move inward**. "This is really a good thing," he said, "because people will be forced to find answers, know who they truly are, just like me." He always told me he was especially grateful for his **heart attack**.

**Wind 22:26:00** When all external escape routes are knocked down, you will be **forced to go inward**.

===== Page 144 =====

**Wind 18:36:35** I love you very much, but **dependence is fatal to growth**.

**Wind 18:36:58** I hope that after I leave, you will no longer depend on those words or anything else.

**Wind 18:37:13** But **go directly to the destination**.

===== Page 145 =====

*March 11, 2021*

image[[202, 43, 265, 85]] **Wind:** If you truly want freedom, **implement the six steps**.

image[[202, 127, 255, 145]] **Wind: Don't feed your mind ( intellect ) anymore.**

image[[202, 213, 255, 231]] **Wind: My leaving is the greatest support.**

image[[202, 298, 255, 315]] **Wind:** If you need an **external master**, you will never discover your own **inner infinity**.

===== Page 146 =====

**Wind 17:03:26** I have encountered many **heavily suppressed minds**.

**Wind 17:03:39** They might need to **repeat the process many times** before feeling it.

**Wind 17:04:30** Many such situations also appeared in Lester's original courses.

**Wind 17:04:45** It's like riding a bike, some people can ride it immediately.

**Wind 17:04:55** Some people need to practice a bit longer to grasp the **sense of balance**.

===== Page 147 =====

**Wind 16:59:41** The only slightly special thing about me is that my **memory is very good**.

**Wind 17:00:07** After I experience something, I can **immediately find the corresponding original text** that Lester said.

**Wind 17:00:18** Therefore I don't describe experiences in my own words.

**Wind 17:00:24** But I **rely on Lester's teachings**.

===== Page 148 =====

**Wind 16:56:15** The reason my release works so well is really **only one**.

**Wind 16:56:23** That is that I **conform to the six steps**.

**Wind 16:56:30** I **understand** this method.

**Wind 16:56:39** As long as you also use this method, it will have the **same effect**.

**Wind 16:56:46** There is **no personal talent** involved here.

===== Page 149 =====

**Wind:** If you drag this process out very long, then you are definitely **not in the six steps**.



**Wind 22:58:39** Lester tells you, **one release is equivalent to meditating for many months.**

**Wind 22:58:45** One release only takes **a few seconds.**

**Wind 22:58:58** You only need a few seconds to equal months of meditation.

**Wind 22:59:11** This method is **extremely efficient.**

**Wind 23:00:21** You can look at the **six steps** and know whether you are in them.

**Wind 23:00:46** If you are in the six steps, your release will be **continuous**, and your joy will **continuously increase.**

**Wind 23:02:00** Make the **decision** to be free.

**Wind 23:02:13** **Decide not to stop** until you reach freedom.

===== Page 150 =====

*December 16, 2020*

**Wind** If you can't do it in **one month**, if you still can't do it in **two months**, then freedom is **impossible** for you.

**Wind** You **cannot drag it out** very long.

**Wind** You cannot say, I do a little bit every day, and after ten years or so, I'll be free.

**Wind** **Implement the six steps. Either you solve it within one or two months, or you will never achieve it in your lifetime.**

**Wind** Because if you haven't achieved freedom in one or two months, then you are **not on the six-step path.**

**Wind** If you're not on the six-step path, how can you possibly be free?

**Wind** Releasing according to the six steps, you can reach a **very high state in one week.**

**Wind** Even enter **Nirvikalpa Samadhi.**

===== Page 151 =====

*December 31, 2020*

**Wind 21:21:46** In the six steps, you can **release continuously.**

**Wind 21:22:01** If you're not in the six steps, you will **stop.**

**Wind 21:22:19** Keep it by your side, **remind yourself constantly**.

**Wind 21:23:04** **Continuous means not stopping**.

**Wind 21:23:06** You may not understand now, because you are **trying hard** to release.

**Wind 21:23:33** But when release becomes the **norm**, releasing is as natural as **breathing**.

**Wind 21:24:24** You just need to **decide** to reach freedom, feelings will continuously **float up and float out**.

**Wind 21:28:12** Everything you need to know at the intellectual level is **in the six steps**.

**Wind 21:28:47** **Use it to the extreme**.

**Wind 21:28:58** This method is **extremely efficient**.

===== Page 152 =====

*January 2, 2021*

**Wind** In the Release Method, **implementing the six steps leads to the destination**.

**Wind** **Not implementing the six steps means not reaching the destination**.

**Wind** **Do it, or don't do it**.

**Wind** Like Lester finally said to Ralph.

**Wind** **You either do it, or you don't do it**. I hope you **do it**.

**Wind** **Simple, or impossible**.

===== Page 153 =====

*March 14, 2021*

**Wind** **Implement the six steps**.

**Wind** When I say this sentence, actually, my meaning is, when you **still need something else**, then freedom is impossible.

===== Page 154 =====

*March 11, 2021*

**Wind** **Implement the six steps, very simple**.

**Wind** Maintaining limitation is **difficult**.

**Wind** See the feeling, let it leave.

**Wind** Empty out all the feelings that drive your thinking.

**Wind** That's it.

===== Page 155 =====

*March 13, 2021*

**Wind** 18:43:27 The **most complete map** is the six steps themselves.

**Wind** 18:51:58 The six steps are already the **least simplified**, it takes care of all aspects. Because it can be **even more simplified**.

**Wind** 18:52:30 That is what Lester said: **release all feelings, your mind quiet, that's it**.

**Wind** 18:52:51 If you want a **complete map**, that is the **six steps**.

**Wind** 18:53:07 **Accomplish each step, and you succeed**.

**Wind** 18:53:41 You don't need anything else, you just need to remind yourself to **keep it simple**.

**Wind** 18:53:56 When you **complicate** it, you are moving towards failure.

**Wind** 18:54:07 Because you are moving towards **accumulating mind**, which is the opposite of releasing.

**Wind** 18:55:58 More simplified is Lester's sentence. **Release all feelings, your mind becomes quiet, you have arrived**.

===== Page 156 =====

**Wind: Go use this method**.

**11:29:26** Release the wants of control and approval, release those programs covering the "**fear of death**."

**11:29:38** Then allow the "**fear of death**" to surface, **release it completely**.

**11:30:26** Initially, you release the **programs of wanting control and approval**.

**11:30:33** You are only releasing these **two types of programs**.

**11:30:52** As you release, those feelings, those thousands of thoughts about the body, **disappear**.

**11:31:35** When you release the deepest **fear of death**, your **entire mind disappears**.

**11:31:51** Your sense of separation will dissipate, and what remains is **infinite existence**.

**11:32:02** You will **naturally identify** with being infinite existence.

**11:32:15** Is this clear enough?

===== Page 157 =====

**Wind:** When you have released to the point where "**the only source of happiness is infinite existence**" becomes your complete experience, you will **naturally stop** any action of seeking happiness elsewhere in the world.

**Wind 16:36:56** At this time, your flow direction changes, and you automatically enter **Savikalpa Samadhi**.

**Wind 16:37:08** Once you enter, you **won't come out again**.

**Wind 16:37:30** You **won't regress** anymore.

**Wind 16:37:37** Because the seeds for the path of regression have **lost their power**.

**Wind 16:43:42** You **must** implement the six steps.

**Wind 16:43:51** This way, you can get **all happiness from within**.

**Wind 16:45:28** Or by achieving goals through release to redirect your direction.

**Wind 16:45:39** **get everything by releasing only**.

**Wind 16:45:47** This can also keep you on the six-step path.

===== Page 158 =====

**Wind 19:13:54** Sometimes you might do other things all afternoon, not releasing.

**Wind 19:14:10** That's because the **subconscious is seeking** something.

**Wind 19:14:25** You **can't force yourself** to release.

**Wind 19:15:11** You need to see **what** you are seeking, and ask yourself "**Can I obtain this from releasing?**" See which way is **easier, more effortless, and happier**.

**Wind 19:15:17** Thus **choose to release**.

**Wind 19:15:47** That's why I said **successful experiences are important**.

**Wind 19:15:51** You need to **get the benefits first**.

**Wind 19:16:12** Without benefits, you won't do it; that's your **mind**.

**Wind 19:16:38** It will find every way to **escape release, resist release**.

**Wind 19:18:34** I remember I said before, **paying attention to the sixth step** truly got me into continuous release.

===== Page 159 =====

**Wind:** You actually don't need to *enjoy* anything.

**Wind 19:02:13** **you don't need enjoy anything, be joy!**

**Wind 19:04:16** Write down the possibilities you think can bring happiness.

**Wind 19:04:27** Where do you think happiness exists?

**Wind 19:04:35** Not intellectual.

**Wind 19:04:46** It's **where you actually seek happiness**.

**Wind 19:05:10** If you **suppress** these desires, you cannot achieve step one.

**Wind 19:08:29** You can force yourself to do homework and work, but you **can't force yourself to release**.

**Wind 19:08:31** 😊

**Wind 19:09:58** Let me elaborate on Lester's favorite teaching: **get everything by releasing only**.

**Wind 19:12:53** **What do you want? How are you going to get it? Why not obtain it through releasing?**

**Wind 19:13:02** This is how you practice.

**Wind 19:13:11** **You choose to release**.

===== Page 160 =====

**Wind 18:57:54** My method is that I **constantly confirm my gains and my direction**.

**Wind** 18:59:17 For example, she just wanted to listen to music. What did she want to obtain from music?

**Wind** 18:59:27 Can this be obtained from **releasing**?

**Wind** 18:59:33 Can you **try it**?

**Wind** 19:00:02 Constantly confirming your **gains** can keep you releasing continuously.

**Wind** 19:00:35 If you say "I must, I have to release, I cannot listen to music," this won't work, because one subconscious direction is listening to music, which you are **suppressing**.

**Wind** 19:00:48 Your **conscious and subconscious are pulling** against each other.

**Wind** 19:00:56 If you don't look at it, this won't succeed.

===== Page 161 =====

*November 17, 2020*

**Wind** Rely on the **six steps**.

**Wind** **Start with the six steps, end with the six steps.**

**Wind** Use your **gains** to confirm your direction.

**Wind** If continuous release becomes your **"task,"** that's not good.

**Wind** Continuous release is because **each release has benefits**.

**Wind** This is what the **sixth step** says: each release is **lighter and happier**.

**Wind** You **feel good**, so you continue releasing.

**Wind** If you just **force** yourself to release, you will stop.

**Wind** You won't be able to continue.

**Wind** Because you are simultaneously **suppressing** your desires for the world.

===== Page 162 =====

*July 26, 2021*

**Wind** When you allow **deeper garbage** to come out, your *mood will go down*.

**Wind** But **that's good**.

**Wind** It's about **facing deeper garbage**.

**Wind** **Process, release process.**

**Wind** Let the feeling out, **categorize it as wanting control or wanting approval, then let it out.**

===== Page 163 =====

**Wind** 08:15:58 Just use the process **consciously**.

**Wind** 08:16:07 **Use feeling more.**

**Wind** 08:16:15 **Use less mental analysis.**

**Wind** 08:16:29 This will also make releasing **easier**.

**Wind** 08:16:49 Of course, it will also be **deeper**.

**Wind** 08:17:04 Many people think their release is very good simply because they haven't experienced **deeper release**.

**Wind** 08:17:09 They think release is just like that.

===== Page 164 =====

*March 16, 2021*

**Wind** Unless you release the **drive** of those programs.

**Wind** If you don't release, it will constantly **drive you to get busy**.

**Wind** All brilliance, all creativity, comes from **infinite existence**.

**Wind** The mind is a **mechanical program**, it only repeats.

**Wind** Perhaps it can be said this way: a person **free from the mind program** truly begins to live.

**Wind** Before that, just a **constantly driven robot**.

===== Page 165 =====

**Wind: 13:31:09** Rushing off to force yourself all night, leaving the group, shouting slogans - **that's useless**.

**Wind** Because that's trying to **eliminate karma through action**.

**Wind** This just creates **new karma**.

**Wind** Only releasing is useful.

**Wind** If you don't release, your programs will constantly **drive you to do those things**.

**Wind** Therefore, **do not think that any action you take can bring you freedom**.

**Wind** Deliberate action, deliberate inaction.

**Wind** That's **not what needs attention**.

===== Page 166 =====

**Wind** 2020-10-15 12:24:48 Release the **desire to control**, and you will no longer suppress the **fear of death**. It will surface for you to release. Lester said, **release the mind, what remains is infinite existence**. It's that simple. The mind is nothing but a collection of your **feelings and thoughts**. **Desire to control, approve, be safe (survive)**. The **three major wants**. Lester sometimes uses **fear of death** to mean the desire to survive. Same meaning. **Desire to change** is also a type of desire to control. So just **release three things**. **Desire to control, desire for approval, desire to survive (fear of death)**.

===== Page 167 =====

*March 12, 2021*

**Wind** Don't judge a person's tendencies by their **slogans**.

**Wind**

**Tian Cheng** Right, shouting slogans is useless.

**Wind** Release it.

**Wind** Clear the three major wants.

**Tian Cheng** Mm.

===== Page 168 =====

**Wind** 22:16:42 So only by **continuously releasing wants of control and approval**, and then continuously releasing the **want of safety**.

**Wind** 22:16:48 Only this way can you **reach the destination**.

**Wind** 22:18:05 **Implement the six steps, everyone can be free**.

**Wind** 22:19:07 Releasing continuously, always being in the six steps, will lead to **freedom**.



**Wind 22:19:22** Yes.

**Tian Cheng 22:20:20** As long as you're in the six steps, you are releasing continuously. Can it also be understood this way?

**Wind 22:21:47** Yes.

**Wind 22:21:53** Use the six steps to test.

**Wind 22:22:03** As long as you're in the six steps, you **can be free**.

===== Page 169 =====

**Xiang Xuan 22:06:28** When I don't want to release, reminding myself of step one, I don't feel anything. Instead, reminding myself that I **want to change myself**, want everything to get better, gives me more motivation.

**Wind 22:07:31** That works too.

**Wind 22:07:49** Releasing can make you **freer**.

**Wind 22:07:53** Freedom includes everything.

**Wind 22:08:02** Just provide a **motivation** to release.

**Wind 22:12:27** Wanting approval can **develop** into wanting control.

**Wind 22:15:34** When you feel wanting approval, you **must** release the wanting approval.

**Wind 22:15:45** After releasing wanting control, **wanting approval becomes obvious**.

**Wind 22:16:03** After releasing enough wanting approval and wanting control, **wanting safety becomes obvious**.

**Wind 22:16:27** If you don't release wanting safety, wanting approval and control will be developed again, thus **endlessly**.

===== Page 170 =====

**Wind 18:32:44** Make a **decision** to do it, to try releasing.

**Wind 18:33:03** Disappointment, even despair, is **just a feeling**.

**Wind 18:33:23** As long as it's a feeling, it **can be released**, and the vitality after release is completely different.

**Wind 22:03:36** If you are used to suppressing, you'll need **more time** to break the habit of suppressing.

**Wind 22:04:00** Practice releasing more, this will also happen quickly.

===== Page 171 =====

**Wind 10:24:36** Releasing isn't that hard.

**Wind 10:24:53** We're just **used to suppressing**, which is why we think releasing is so difficult.

**Wind 10:25:22** If you **make releasing a habit**, you'll feel that suppressing is what takes effort.

**Wind 10:25:42** Until then, **keep deciding to do release**.

===== Page 172 =====

1. **"I can't" means I won't do it.**
2. **"I can't do it" - just this thought prevents you from doing it.**
3. **Those who think they cannot do it actually do not want to do it.**
4. **As long as you get on with doing it, it will happen.**
5. **Wishing and intending are useless, you must ACT!**
6. **Don't just try, DO IT!**

— **Lester** *"The Ultimate Freedom Path."*

===== Page 173 =====

**Wind November 7 23:57:33** So the difficulty lies in **you not doing it**.

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**Keep doing it continuously, and you will release it completely.**

===== Page 175 =====

**November 7 23:54:38** First you **release**.

**Wind** Releasing isn't about being difficult or not.

**Wind** It's about **whether you do it or not**, and **how many times you do it**.

**Wind** If you can do it **once**, you can do it a **second time**.

**Wind** Then a **third, fourth time**.

===== Page 176 =====

**Wind 21:13:47** Mm, as Lester said, you need to **release enough** wants of control and approval.

**Wind 21:14:19** It's not about looking, it's about **following along with practice**.

**Wind 21:17:34** When a desire is **brought out**, it is released at that moment.

**Wind 21:18:23** If not, you **return to the beginning** of the process.

**Wind 21:18:37** **Relax the body**, feel it again.

**Wind 21:18:54** **Identify** what desire it is, **let it leave**.

**Wind 21:19:09** Keep it **simple and easy**. **Repeated practice** will let you master it.

**Wind 21:19:21** **Thinking and analyzing** will make it increasingly difficult to release.

**Wind 21:19:30** Because the mind only **replays past experiences** anyway.

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**Wind 21:09:35** My suggestion is **not to grope around, just use the process directly**.

**Wind 21:09:53** If you don't feel it the first time, **do it a second time**.

**Wind 21:10:01** This will be **faster**.

**Wind 21:10:11** Groping around with the mind actually takes **many detours**.

**Wind 21:10:17** Because the mind can only **replay past experiences**.

===== Page 178 =====

*January 13, 2021*

**Wind** Back then, it took me a **long time** to find the feeling of releasing for the first time.

**Wind** The Release Method is **suitable for everyone**.

**Wind** **Practice simply, and then you'll get it**.

**Wind** At that time, it also took me a long time to find the feeling of releasing.

**Wind** Because I **analyzed too much**.

**Wind** The **less you analyze, stay relaxed, just use it, the faster you'll learn**.

===== Page 179 =====

**Wind 10:53:26 There is no free will in worldly living.**

**Wind 10:53:39 Note, in worldly life there is no free will.**

**Wind 10:54:55 There is only one thing that has free will**, choosing to identify with your body or with **infinite existence (Infinite Beingness)**.

**Wind 10:57:50 Trying hard to earn money won't make you richer, trying hard to study won't make your grades better, trying hard to maintain health won't make you healthier.**

**Wind 10:57:57 Understand? These are all pre-programmed.**

**Wind 10:58:11 Only removing the programs is useful.**

**Wind 11:33:58 Trying to change something through action is just a delusion** people have, completely useless.

**Wind 11:34:09 Yet most people don't understand this.**

**Wind 11:34:48 Karma drives action**, and your attempts to change karma through action are **also driven by karma**.

**Wind 11:36:34 Jack Ma, Bill Gates don't know why they earned money and lost money.** Their summaries of their own successful experiences are just **guesses after seeing the surface**.

===== Page 180 =====

*March 12, 2021*

**Wind There is no reason for you not to use the Release Method.**

**Wind Whether it's moving towards awakening or obtaining a better world, it is the most efficient.**

**Wind Not only efficient, but also simple.**

**Wind Can't find any reason not to use it.**

===== Page 181 =====

*March 16, 2021*

**Wind If you want freedom, also release. If you want the world, also release.**

**Wind It's that simple.**

**Wind** If you want freedom, **releasing is the only thing that can free you.**

**Wind** No matter how you talk about freedom, it won't get you there. Studying topics about freedom won't free you either.

**Wind** If you want a better world, **releasing is the only thing that can give you a better world.**

**Wind** No matter what action you take, every action is **within the karmic program**, within driven reactions.

**Wind** Therefore, **if you want freedom, release. If you want the world, release. It's that simple.**

===== Page 182 =====

First of all, those who come to this **high-level classroom called Earth** themselves have very **good karma**. Because they **want freedom**, they come to this advanced classroom. Then, among those who become human here, many are here to **experience pain and pleasure**. Only after obtaining enough experiences will they **turn inward**. After turning inward, because of the influence of strong tendencies towards the world, they will encounter some similar **false paths** that satisfy their minds. They need very good karma to encounter the **true method**. And after encountering the true method, they need a **strong tendency towards freedom** to discern it and persist. So, reaching this step indeed requires **very, very good karma**.

===== Page 183 =====

**Wind:** The six steps are achieved through **continuous release**.

**Wind 21:48:05** You need to **continuously gain joy** from the sixth step to achieve the first step.

**Wind 21:48:24** Initially, **all six steps are useful**.

**Wind 21:48:37** When you don't want to release, **remind yourself of step one**.

**Wind 21:48:45** Then **decide to release**, that's step two.

**Wind 21:49:03** **Directly release** the wants of control and approval, that's step three.

**Wind 21:49:16** **Release continuously**, maintain continuity, that's step four.

**Wind 21:49:34** When stuck, **release the desire to control the stuckness**, that's step five.

**Wind 21:49:50** Each release feels **more joyful and lighter**, that's step six.

**Wind 21:50:16 Implement the six steps, do them continuously**, will gradually strengthen the motivation for freedom, thus **completely achieving step one**.

===== Page 184 =====

*March 14, 2021*

**Tian Cheng** Teacher, can you talk about your **path to success**?

**Wind Six steps.**

**Tian Cheng** Why could you do it? While so many people cannot?

**Wind Six steps.**

**Wind** Because you need **something else**, whereas I **only need the six steps**.

**Wind** Throughout the entire process, I **only looked at the six steps**.

**Wind** I don't need anything **outside the six steps**.

**Wind** If you want to talk about the secret to success, **this is the secret**.

===== Page 185 =====

*July 26, 2021*

**Wind** Course videos, workbook. When you need to use them, pick them up and use them.

**Wind** But, in the end, you **only need the six steps**.

**Wind** When you **only need this one tool, the six steps**, you are on the path.

===== Page 186 =====

**Wind:** Emotions are the **entry point**, letting you learn to release. The workbook's summary at the end of the course is: **release three wants only**.

**Wind Only release the three major wants.**

**Wind** Wind Wind Wind

**Wind** We first enter the conscious mind, **release control, approval**. And those other things you try to release, like fear — you know — you would spend **hundreds or thousands of lifetimes** releasing fear, and after that you'd still have anger, you'd still have other emotions. And when you release the desire to control, **everything underneath it is let go**.

**Wind** Then when you release the **want of safety**, you release all the wants of approval and control, and everything underneath them. You are currently too low in the trough, so you cannot attack the want of safety. You are overwhelmed, you are terrified by death, so you let it run you. But when you release a **considerable amount** of control and approval, you have the ability to face the **fear of death**.

**Wind** If you release emotions, it takes **hundreds or thousands of lifetimes** to clear one of them. **Releasing desires is the way to reach the destination in one or two months**. Only this way can you enter the **high efficiency** of the Release Method.

===== Page 187 =====

### **Process for Releasing Desires**

**Step One: Allow yourself to feel the current feeling.**

**Step Two: Notice whether it comes from a want of approval or a want of control.**

**Step Three: Can you perceive this want of control (or want of approval)? Can you let it leave?**

**Step Five: Is there still any remaining want of control (or want of approval)? Can you be more aware of this? Can you let it leave?**

**Repeat the awareness and release until you are completely free.**

**Wind:** Just now in the neighboring group, someone asked about the basic process. I slightly summarized the content from the video. The guidance in the video is like this. You can refer to this process.

===== Page 188 =====

*October 3, 2020*

### **Wind Process for Releasing Emotions**

**Step One: Allow yourself to feel the current feeling, and trace it back to an emotional state (Apathy, Grief, Fear, Lust, Anger, Pride/Indifference).**

**Step Two: Ask yourself, can I let this feeling go? Am I willing to? When?**

**Step Three: See how you feel now, and repeat the previous process.**

Part 3 of 3

## Page 1

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## Page 2

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## Page 3

**Wind:** What about the physical sensation? Will it disappear later? Will it get better once I reach CAP (AGFLAP CAP) ? Or will it follow me around my whole life if I'm not free?

**Wind:** What are your feelings about the physical sensation?

**Wind:** Do you want to control it?

**Wind:** Do you want to change it?

**Wind:** Just release this

**Wind:** If the physical sensation is bothering you, release that bother

**Wind:** Use releasing to solve the problem

**Wind:** A few releases, and you can release the entirety of a long-term habit, can you imagine that?

**Wind:** But many times it's like this

**Wind:** It's within a few minutes, not a long, sticky struggle

**Wind:** You see in the video it's just a few minutes

**Wind:** If it takes too long, you're stuck, you're suppressing, you're not releasing

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## Page 4

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## Page 5

**Wind:** 00:03:57 Just go do it

**Wind:** 00:04:01 No need to shout slogans



**Wind:** 00:04:14 Especially shouting slogans in front of me is even more meaningless

**Wind:** 00:04:16

**Wind:** 00:04:24 I can sense your tendency

**Wind:** 00:04:36 Can I say it?

**Tiancheng:** 00:04:43 What tendency

**Wind:** 00:04:44 No need to say

**Wind:** 00:04:49 Just release it yourself

**Tiancheng:** 00:05:05 I have a tendency to say things and not do them

**Tiancheng:** 00:05:14 I discovered it myself, it's been like this for many years

**Tiancheng:** 00:05:23 All talk, no action

**Wind:** 00:05:24 So I say no need to shout slogans

**Wind:** 00:05:29

**Wind:** 00:05:49 In front of me, don't repeat those words

**Wind:** 00:05:56 If you want to do it, just go do it

**Tiancheng:** 00:05:59 Okay

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## Page 6

**Wind:** 9:32 AM No longer tempted by the ego

**Wind:** 9:32 AM Completely inclined towards freedom

**Wind:** 9:32 AM This is the first step of the *Six Steps*

**Wind:** 9:33 AM Once again, verified my experience through the master's teachings

**Wind:** 9:33 AM In yoga, they call it *Nirbikalpa Samadhi*

**Wind:** 9:34 AM The real work begins

**Wind:** 9:35 AM Only now do I see that studying yoga science is truly the best timing

**Wind:** 9:35 AM If I had studied it before, I might have formed fixed understandings that would become my obstacles

**Wind:** 9:35 AM Thus affecting my understanding of the *Release Method*

**Wind:** 9:36 AM You don't need anything other than the *Six Steps*

**Wind:** 9:36 AM Now it's called verification

**Wind:** 9:36 AM I'm just amazed to find that all masters say the same thing

**Wind:** 9:36 AM Verification is more fun

**Wind:** 9:36 AM Of course, it must be so

**Wind:** 9:36 AM If what they said wasn't the same, they wouldn't be masters

**Wind:** 9:36 AM Because *truth is not two*

**Wind:** 9:38 AM If you haven't reached here, you might regress

**Wind:** 9:38 AM If you have reached it, you won't regress

**Wind:** 9:39 AM Truly reaching the first step, you won't sink

**Wind:** 9:39 AM Truly reaching it, you won't

**Wind:** 9:39 AM Entering the stream

**Wind:** 9:39 AM No more turning back

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## Page 7

**Wind:** 9:40 AM Insight into the source of happiness will lead you to the first step

**Wind:** After this, every decision you make is inward, each one freeing you from bondage, moving towards your true existence

*WeChat Weixin Group "The Sedona Release Method Diamond Island"*

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## Page 8

*October 21, 2020*

**Wind:** I spent four years searching for information about Releasing (The Sedona Method).

**Wind:** While also releasing

**Wind:** Later, I went abroad and came into contact with Lester Levenson's later audio and the 1992 Original Sedona Method video course

**Wind:** Only then did I understand a concise, complete map

**Wind:** It is very clear, concise, and powerful, a complete map towards freedom

**Wind:** Especially Lester's later audio explaining the *Release Method*

**Wind:** After learning the release process, everyone can focus on the *The Way* series

**Wind:** Those are Lester's direct teachings, which will clarify many issues

**Wind:** And you will also receive great encouragement

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## Page 9

**Wind:** Do you prefer to stay stuck in *wanting to control* these, or would you rather release them and be free from them?

**D:** 18:07 Of course I want freedom

**Wind:** 18:08 So compared to controlling these feelings, you prefer freedom?

**D:** 18:09 Yes, exactly

**Wind:** 18:10 Can you let go of the *wanting to control* it?

**D:** 18:12 Stuck

**Wind:** 18:13 Do you want to keep controlling this stuckness, wrestling with it forever, or do you want freedom?

**D:** 18:13 Want freedom

**D:** 18:14 Released

**Wind:** 18:14 Now can you see this *wanting to control*?

**Wind:** 18:14 Has it left?

**D:** 18:14 Left

**Wind:** 18:16 This demonstration is the use of the first step

**Wind:** 18:16 *Six Steps* Step One

**Wind:** 18:17 If you get stuck, use step five

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## Page 10

At the beginning of releasing, we might want to mix in other behaviors as an aid to releasing, such as practicing awareness, practicing insight meditation, practicing mindfulness, etc. But with the *Six Steps* as a reminder, you know these are unnecessary. Lester summarized everything needed (after learning to release) (to reach *ultimate freedom*) into the *Six Steps*.

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## Page 11

11:25:19 Just be aware of the current feeling and release

**Yiman:** 11:27:05 Don't do anything other than the *Six Steps*

**Yiman:** 11:28:11

**Yiman:** 11:35:21 Why is it said that the *Six Steps* are a map, a navigation?

What is the biggest use of navigation?

To point yourself in the right direction to reach your destination, to check if you have deviated from the correct path.

**Yiman:** 11:36:17 Walking on the *Six Steps* to release means all actions do not deviate from the *Six Steps*.

**Yiman:** 11:37:30 When you don't want to release, remind yourself of step one

Then decide to release, this is step two

Directly release *wanting to control* and *wanting approval*, this is step three

Release continuously, maintain continuity, this is step four

When stuck, release the *wanting to control* the stuckness, this is step five

Feel more pleasant and lighter with each release, this is step six

Implement the *Six Steps*, do it continuously, it will gradually enhance the momentum towards freedom, thereby completely achieving step one

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## Page 12

November 9, 2020

**Wind:** Continuous release is simple

**Wind:** Just release the *three wants*

**Wind:** It doesn't matter what feelings arise

**Wind:** The key is whether you want *control, approval, or security*

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## Page 13

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## Page 14

March 13, 2021

**Wind:** 18:43:27 The most complete map is the *Six Steps* themselves

**Wind:** 18:51:58 The *Six Steps* are already the least simplified version; they take care of all aspects. Because it can be even more simplified

**Wind:** 18:52:30 That is what Lester said: *release all feelings, your mind quiet, that's it*

**Wind:** 18:52:51 If you want a complete map, that's the *Six Steps*

**Wind:** 18:53:07 Accomplish each step, and you succeed

**Wind:** 18:53:41 You don't need anything else, you just need to remind yourself to *keep it simple*

**Wind:** 18:53:56 When you complicate it, you are heading towards failure

**Wind:** 18:54:07 Because you are heading towards accumulating mind stuff (intellect) , which is the opposite of releasing

**Wind:** 18:55:58 Further simplified is Lester's sentence

**Wind:** 18:56:12 *Release all feelings, your mind quiet, and you're there*

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## Page 15

*December 22, 2020*

**Wind:** 20:56:24 Regarding questions like "can I achieve xx", I hope you can remember Lester's words

**Wind:** 20:56:50 *every impossible, no matter how impossible, become immediately a possible, as you completely released on it.*

**Wind:** 20:57:17 Every impossible, no matter how impossible, immediately becomes possible, as long as you *completely release on it*

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## Page 16

*October 30, 2020*

**Wind:** The peak is unshakable, absolute stillness that cannot be disturbed by anything

**Wind:** 7:47 PM Is freedom

**Wind:** 7:48 PM Is *omniscience, omnipotence, omnipresence*

**Wind:** 7:48 PM Is *infinite existence*

**Wind:** 7:48 PM As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the peak

**Wind:** 8:19 PM Omniscient, omnipotent, omnipresent

**Wind:** 8:19 PM This is enlightenment

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## Page 17

*December 31, 2020 to January 1, 2021*

**Minnie:** How about a year-end summary

**Wind:** Year-end summary: In 2020, completed the most important thing in billions of lifetimes of existence

**Wind:** 😊

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## Page 18

March 12, 2021

**Wind:** You have no reason not to use the Sedona Method – *Release Method*

**Wind:** Whether it's moving towards awakening or obtaining a better world, it is the most efficient

**Wind:** Not only efficient, but also simple

**Wind:** Can't find a single reason not to use it

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## Page 19

**Wind:** Do you prefer to stay stuck in *wanting to control* these, or would you rather release them and be free from them?

**D:** 18:07 Of course I want freedom

**Wind:** 18:08 So compared to controlling these feelings, you prefer freedom?

**D:** 18:09 Yes, exactly

**Wind:** 18:10 Can you let go of the *wanting to control* it?

**D:** 18:12 Stuck

**Wind:** 18:13 Do you want to keep controlling this stuckness, wrestling with it forever, or do you want freedom?

**D:** 18:13 Want freedom

**D:** 18:14 Released

**Wind:** 18:14 Now can you see this *wanting to control*?

**Wind:** 18:14 Has it left?

**D:** 18:14 Left

**Wind:** 18:16 This demonstration is the use of the first step

**Wind:** 18:16 *Six Steps* Step One

**Wind:** 18:17 If you get stuck, use step five

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## Page 20

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## Page 21

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## Page 22

*November 20, 2020*

**Wind:** 22:05:54 I penetrated to the last little limitation within

**Tiancheng:** 22:06:27 Is it the feeling of separation?

**Wind:** 22:07:00 Mm, it's the *feeling of separation*

**Wind:** 22:07:21 Then I retain just enough *fear of death* to barely hold onto the separation

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## Page 23

Past habits, and we refuse to look at them. Sexual behavior, just call it that! When we release them.

Every one of us in this world is looking for exactly the same thing. Every creature, even animals, is looking for it. Yet what is it that we are all always looking for? A happiness without sorrow. A state of happiness not invaded by any sorrow. If this is the common goal, why? Because *infinite happiness is our basic nature*. Before we limited it, this is the true natural state. Now why do most of us not possess this sorrowless happiness? There is only one reason: As an infinite being possessing infinite happiness, we, with joy and happiness, said: *I am an individual, separate from all*. In order to separate myself from all, I had to create some method to achieve it. The method is: my mind creates my body and the material world. Then I continue on, creating more and more thoughts, these thoughts create more and more material events, until thoughts and matter trap me and I forget my true identity as the infinite being.



This initial thought, "I am separate from all," necessarily creates a lack. Lack creates...

---

## Page 24

October 30, 2020

**Wind:** 16:14:34 I touched the *feeling of separation* beneath the *fear of death*

**Wind:** 16:14:54 I know I'm nearing the end

**Tiancheng:** 16:14:59 Is it the separation that creates the desire to survive?

**Wind:** 16:15:20 Mm, it's this *feeling of separation*, "I exist as this body"

**Wind:** 16:15:40 Because you feel "I am this body", that's why you want to survive, fear death

**Tiancheng:** 16:15:49 Mm

**Wind:** 16:15:54 If you knew you were *infinite existence*, you wouldn't have *fear of death*

**Tiancheng:** 16:16:00 Right

**Wind:** 16:16:14 But you don't need to deliberately release it

**Wind:** 16:16:29 When you completely release the *fear of death*, the *feeling of separation* will also dissipate

**Wind:** 16:16:37 The entire mind becomes still

**Wind:** 16:16:45 What remains is *infinite existence*

---

## Page 25

Group Chat

December 24, 2020

**Wind:** 13:12:32 Seems many people misunderstood Lester Levenson's idea of "hootless"

**Star of Bethlehem:** 13:13:38 Wrong

**Star of Bethlehem:** 13:14:57 In Lester's recording, I heard "don't give a hoot," it definitely doesn't mean careless

**Wind:** 13:16:45 If a person stops focusing on something, the desire for it disappears, and you get it

**Wind:** 13:17:07 This mind naturally stops circling around something, that's *hootless*

---

## Page 26

5:21 PM

---

## Page 27

5:21 PM

---

## Page 28

5:21 PM

---

## Page 29

5:21 PM

---

## Page 30

I noticed one point

**When stuck, actually you *want to control***

**Only by *wanting to control* do you get stuck**

But the way you try to get what you want is through mental effort and resistance

That's not "*get everything by releasing only*"

You're trying to do releasing the way you struggle in the world

Constantly fighting, fighting, fighting

I find reminding each other is really good

October 14th, 17:43

So, as I release, I roughly know the use of the sixth step, I'll write this down later

Ok

---

## Page 31

Yeah, this is *wanting to control*

So using too much force

When releasing, you always release the part you are most aware of

Last night I was releasing very hard all night, got little result, only relaxed a bit and got some results

That is, the part that surfaces most obviously

Yesterday I was digging deep

See, releasing forcefully goes against the sixth step

You're *trying to control*

Absolutely 😊😂

So it won't happen

I only stopped this afternoon

Relax a bit

---

## Page 32

March 12, 2021

**Wind:** You have no reason not to use the *Release Method*

**Wind:** Whether it's moving towards awakening or obtaining a better world, it is the most efficient

**Wind:** Not only efficient, but also simple

**Wind:** Can't find a single reason not to use it

---

## Page 33

*March 16, 2021*

**Wind:** 20:29:20 If you want freedom, also release; if you want the world, also release

**Wind:** 20:29:23 It's that simple

**Wind:** 20:29:40 If you want freedom, releasing is the only thing that can free you

**Wind:** 20:30:08 No matter how you talk about freedom, it won't get you there; studying topics about freedom won't free you

**Wind:** 20:30:26 If you want a better world, releasing is the only thing that can give you a better world

**Wind:** 20:31:26 No matter what action you take, every action is within karmic programs, within driven reactions

**Wind:** 20:31:44 Therefore, if you want freedom, also release; if you want the world, also release; it's that simple

---

## Page 34

People who come to Earth, this advanced classroom, already have very good karma

00:47:36 Only those who want freedom come to the advanced classroom

00:48:00 Then, among those who become human here, many come to experience pain and pleasure

00:48:18 After they have gained enough experience, they will turn inward

00:48:54 After turning inward, because there is still a strong tendency towards the world, they will encounter similar false paths that satisfy their minds

00:49:18 Need very good karma to encounter the true method

00:49:38 And after encountering the true method, need a strong inclination towards freedom to discern it and persist

00:49:52 So reaching this step truly requires very, very good karma

---

## Page 35

**Tiancheng:** 00:47:35 Do masters after freedom still live with their families?

**Wind:** 00:47:39 For example, William the Conqueror

**Wind:** 00:48:08 Krishna exemplified the *householder master*

**Wind:** 00:48:23 You won't lose your family, you won't lose your dear world

**Tiancheng:** 00:48:32 In this age, masters must be hermits

**Wind:** 00:48:55 Hermit means not being known as a master

**Wind:** 00:49:08 Hermit doesn't necessarily mean you have to live secluded in the mountains

**Wind:** 00:49:19 Living in the world like an ordinary person is also a form of hermit life

---

## Page 36

*March 17, 2021*

**Tiancheng:** 00:45:40 Teacher, does this mean that if I attain *ultimate freedom*, I cannot continue to stay in the world?

**Wind:** 00:46:02 Up to you to decide

**Wind:** 00:46:06 Freedom is freedom

**Wind:** 00:46:16 No compulsion whatsoever

**Tiancheng:** 00:46:20 Can I still stay with my family?

**Wind:** 00:46:25 Of course

**Tiancheng:** 00:46:41 I see myself fearing freedom, afraid of losing my family after freedom

**Wind:** 00:47:02 There are quite a few *householder masters*

**Wind:** 00:47:30 Masters can even be kings

## Page 37

1. *Release only the three wants.*
2. *Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.*
3. *Make it a Do It Yourself Tool.*

*You now have all you need to go all the way to imperturbability.*

---

## Page 38

The Lester Levenson's *Six Steps* are achieved through continuous release

21:48:05 You must continuously gain pleasure from the sixth step to achieve the first step

**Wind:** 21:48:24 At the beginning, all *Six Steps* are useful

**Wind:** 21:48:37 When you don't want to release, remind yourself of step one

**Wind:** 21:48:45 Then decide to release, this is step two

**Wind:** 21:49:03 Directly release *wanting to control* and *wanting approval*, this is step three

**Wind:** 21:49:16 Release continuously, maintain continuity, this is step four

**Wind:** 21:49:34 When stuck, release the *wanting to control* the stuckness, this is step five

**Wind:** 21:49:50 Feel more pleasant and lighter with each release, this is step six

**Wind:** 21:50:16 Implement the *Six Steps*, do it continuously, it will gradually enhance the momentum towards freedom, thereby completely achieving step one

---

## Page 39

**Wind:** 21:01:24 Just like what I posted today, just relearn every time

**Wind:** 21:01:50 Actually, the *Six Steps* also serve this purpose

**Wind:** 21:02:05 Don't let the words obscure their true meaning

**I am Infinite:** 21:02:46 You said it's vague again

**Wind:** 21:03:05 Lester also thought you would get vague

**Wind:** 21:03:20 So at the very end, the last two years before he left, he summarized three

**Wind:** 21:03:32 Those three are a further concentration of the *Six Steps*

---

## Page 40

Actually, in 1992, Lester further simplified the *Six Steps* into three steps

These three steps are the way to practice the *Six Steps*

You can find this three-step process at the end of the workbook

---

## Page 41

**Fenglin Fenghua:** 15:13:35 When stuck, release the feeling of wanting to change. Knowing now that I want to change, release the wanting to change, but there's no progress. Should I just keep releasing this wanting to change (*wanting to control*), keep asking this over and over?

**Wind:** No

**Wind:** 15:14:37 You don't always have to ask yourself questions

**Wind:** 15:15:07 Asking questions is a teaching method. At the end of the course, if you have mastered this method, he will tell you the *Six Steps*

**Wind:** 15:15:16 Why does the course tell you the *Six Steps* at the end?

**Wind:** 15:15:29 Because before you learn to release, these words are just words to you

**Wind:** 15:15:49 And after you learn, you have already experienced those things

**Wind:** 15:15:59 Therefore, you don't need any extra explanations to explain the *Six Steps*

---

## Page 42

*December 22, 2020*

**Wind:** 20:56:24 Regarding questions like "can I achieve xx", I hope you can remember Lester's words

**Wind:** 20:56:50 *every impossible, no matter how impossible, become immediately a possible, as you completely released on it.*

**Wind:** 20:57:17 Every impossible, no matter how impossible, immediately becomes possible, as long as you *completely release on it*

---

## Page 43

November 20, 2020

**Tiancheng:** I'd like to ask you for advice

**Tiancheng:** How can I move towards freedom more quickly?

**Wind:** Use Six Steps continuously, use it to the extreme

**Wind:** I can't give better advice than that

**Wind:** I strongly suggest you use it on everything

**Wind:** Utilize those goals

**Wind:** Utilize continuous gaining to promote your releasing

**Wind:** To enhance your momentum to release

**Wind:** If you get used to using it on every one of your goals, you will soon reach that place

**Tiancheng:** Mm

---

## Page 44

**Wind:** 16:37:37 You are originally free, just obscured by the mind

**Wind:** 16:37:44 Freedom is not about creating something

**Wind:** 16:37:51 It's just ending an illusion

**Wind:** 16:40:15 If you truly want freedom, Lester will infuse it into you

**Wind:** 16:40:37 I'm not joking, Lester has been supporting this work

**Wind:** 16:40:56 He supports everyone who uses the *Release Method*



## Page 45

**Wind:** 9:53 AM Now all masters are paying attention to people practicing the Sedona *Release Method*

**Wind:** 9:53 AM Because it's the only method for this era

**Wind:** 9:54 AM Other methods cannot guarantee you reach the goal in this lifetime

---

## Page 46

**Wind:** 3:27 PM What the Buddha meant by "Dhamma as island" is not relying on a method

**Wind:** 3:27 PM Dhamma means relying on truth

**Star of Bethlehem:** 3:27 PM Refers to what?

**Wind:** 3:28 PM Reality

**Wind:** 3:28 PM Rely on oneself, rely on universal truth, rely on nothing else besides this

**Wind:** 3:28 PM *Self as island, Dhamma as island, nothing else as island*

**Wind:** 3:28 PM The Buddha's last words

**Star of Bethlehem:** 3:29 PM Indeed, the Buddha

---

## Page 47

It's not about wanting speed, you can only rely on yourself

---

## Page 48

**Wind:** 15:20:23 Actually, there is no method that relies on others for achievement

---

## Page 49

*March 14, 2021*

**Tiancheng:** Teacher, can you tell me about your path to success?

**Wind:** The *Six Steps of Lester Levenson*.

**Tiancheng:** Why were you able to do it? While so many others cannot?

**Wind:** The *Six Steps*

**Wind:** Because you need other things, while I only need the *Six Steps*

**Wind:** Throughout the entire process, I only looked at the *Six Steps*

**Wind:** I don't need anything outside the *Six Steps*

**Wind:** If there's a secret to success, this is it

---

## **Page 50**

**Wind:** 15:19:05 *Self as island, Dhamma as island, nothing else as island*

**Wind:** 15:19:15 Self as island comes first

**Wind:** 15:19:19 You must rely on yourself

**Star of Bethlehem:** 15:19:27 My goodness

**Star of Bethlehem:** 15:19:40 So self-reliance is very important

---

## **Page 51**

Don't wait until a gun is at your head to do it

**Wind:** 22:27:29 You all know yourselves very well

**Wind:** 22:27:51 Although not that deeply, you will know your own behavior

**Wind:** 22:28:06 If there's dependence, you'll hold on

**Wind:** 22:28:31 If you depend on the external, you won't discover the infinite within

**Wind:** 22:28:37 These things are all very simple

**Wind:** 22:29:01 As someone who has attained *ultimate freedom*, I cannot be here

**Wind:** 22:31:31 As a self-reliant method, the *Release Method* doesn't have that many problems

**Wind:** 22:31:42 All problems arise when you deviate from the *Six Steps*

**Wind:** 22:32:00 Therefore, either you return to the *Six Steps* and continue releasing, or you head towards limitation

---

## Page 52

When you seek help externally, that is an opportunity

**Wind:** 22:22:40 Notice it, release

**Wind:** 22:22:51 Find everything you want internally

**Wind:** 22:23:05 Absolute security exists only in your *infinite being*

**Wind:** 22:23:51 Among all kinds of help, none is better than destroying all your supports

**Wind:** 22:25:20 Lester told me the world would "knock down his pillars," so everyone would be forced to find answers from within. "That's good," he said. "It's not an explosion, but a lift-up," he laughed. Currently, people always seek happiness externally using various escapes provided by the world. Eventually, when external escapes are exhausted, he predicted, we will be forced to go within. "This is really a good thing," he said, "because people will be forced to find the answer, to know who they really are, just like I did." He always told me he was especially grateful for his heart attack.

**Wind:** 22:26:00 When all external escapes are knocked down, you will be forced to go within

---

## Page 53

**Wind:** 18:36:35 I love you very much, but dependence is fatal to growth

**Wind:** 18:36:58 I hope that after I leave, you won't depend on those words or anything else

**Wind:** 18:37:13 But go directly to the goal

---

## Page 54

*March 11, 2021*

**Wind:** 18:29:09 If you truly want freedom, implement the *Six Steps*

**Wind:** 18:30:31 Don't feed your mind anymore

**Wind:** 18:30:44 My leaving is the greatest support

**Wind:** 18:31:13 If you need an external master, you will never discover your own inner infinity

**Wind:** 18:31:31 Release, it will bring you all paths

**Tiancheng:** 18:33:02 Implement the *Six Steps* for one month, can it really be done?

**Wind:** 18:33:42 Of course

**Tiancheng:** 18:34:16 Okay.

**Tiancheng:** 18:35:43

**Tiancheng:** 18:36:30 Keep it up

---

## **Page 55**

**Wind:** 17:03:26 I have encountered many people with severely suppressed minds

**Wind:** 17:03:39 They might need to repeat the process many times before they feel it

**Wind:** 17:04:30 Many such situations also appeared in Lester's original courses

**Wind:** 17:04:45 It's like riding a bike, some people can ride immediately

**Wind:** 17:04:55 Some people need to practice a bit longer to master the sense of balance

---

## **Page 56**

The slightly special thing about me is that my memory is very good

After experiencing something, I can immediately find the corresponding original text Lester said

Therefore, I didn't describe the experience in my own words

But borrowed from Lester's teachings

---

## Page 57

**Wind:** 16:56:15 The reason my releasing works so well is really only one

**Wind:** 16:56:23 That is, I conformed to the *Six Steps*

**Wind:** 16:56:30 I understood this method

**Wind:** 16:56:39 As long as you also use this method, the effect is the same

**Wind:** 16:56:46 There is no personal talent involved here

---

## Page 58

If you drag this process out very long, then you are definitely not in the *Six Steps*

**Wind:** 22:58:39 Lester tells you, releasing once is equivalent to meditating for many months

**Wind:** 22:58:45 One release only takes a few seconds

**Wind:** 22:58:58 You only need a few seconds to equal months of meditation

**Wind:** 22:59:11 This method is extremely efficient

**Wind:** 23:00:21 You can look at the *Six Steps* and know if you are in them

**Wind:** 23:00:46 If you are in the *Six Steps*, your release will be continuous, and your pleasantness will continuously increase

**Wind:** 23:02:00 Make the decision for freedom

**Wind:** 23:02:13 Decide not to stop until you reach freedom

---

## Page 59

*December 16, 2020*

**Wind:** If you can't do it in one month, you can't do it in two months, then freedom is impossible for you

**Wind:** You can't drag it out very long

**Wind:** You can't say, I do a little bit every day, and then become free after more than ten years

**Wind:** Implement the *Six Steps*, either you solve it within one or two months, or you will never achieve it in your lifetime

**Wind:** Because if you aren't free in one or two months, then you are not on the *Six Steps*

**Wind:** Not being on the *Six Steps*, how can you possibly become free?

**Wind:** Releasing according to the *Six Steps*, you can reach a very high state in one week

**Wind:** Even enter *Nirbikalpa Samadhi*

---

## Page 60

*July 26, 2021*

**Wind:** 17:22:24 Course videos, workbook, pick them up and use them when needed

**Wind:** 17:23:29 But, in the end, you only need the *Six Steps*

**Wind:** 17:23:54 When you only need this one tool, the *Six Steps*, you are on the path

---

## Page 61

Everything you need to know at the knowledge level is in the *Six Steps*

---

## Page 62

*December 31, 2020*

**Wind:** In the *Six Steps*, you can release continuously

**Wind:** Not in the *Six Steps*, you will stop

**Wind:** Keep it by your side, remind yourself constantly

**Wind:** Continuity means not stopping

**Wind:** You might not understand now, because you are trying hard to release

**Wind:** But when releasing becomes your normal state, releasing is as natural as breathing

**Wind:** You just need to decide to reach freedom, feelings will keep surfacing and leaving

---

## **Page 63**

*January 2, 2021*

**Wind:** In the *Release Method*, implementing the *Six Steps* leads to the goal

**Wind:** Not implementing the *Six Steps* means not reaching the goal

**Wind:** Do, or do not

**Wind:** Like Lester finally said to Ralph

**Wind:** You either do it or you don't. I hope you do it

**Wind:** Simple, or impossible

---

## **Page 64**

*March 14, 2021*

**Wind:** Implement the *Six Steps*

**Wind:** 18:24:45

**Wind:** 18:25:52 When I say this sentence, actually, what I mean is, when you still need other things, freedom is impossible

---

## **Page 65**

*March 11, 2021*

**Wind:** Implementing the *Six Steps* is very simple

**Wind:** Maintaining limitation is very difficult

**Wind:** See the feeling, let it go

**Wind:** Empty all feelings that drive your thinking

**Wind:** That's it

---

## Page 66

March 13, 2021

**Wind:** 18:43:27 The most complete map is the *Six Steps* themselves

**Wind:** 18:51:58 The *Six Steps* are already the least simplified version; they take care of all aspects. Because it can be even more simplified

**Wind:** 18:52:30 That is what Lester said: *release all feelings, your mind quiet, that's it*

**Wind:** 18:52:51 If you want a complete map, that's the *Six Steps*

**Wind:** 18:53:07 Accomplish each step, and you succeed

**Wind:** 18:53:41 You don't need anything else, you just need to remind yourself to *keep it simple*

**Wind:** 18:53:56 When you complicate it, you are heading towards failure

**Wind:** 18:54:07 Because you are heading towards accumulating mind stuff, which is the opposite of releasing

**Wind:** 18:55:58 Further simplified is Lester's sentence

**Wind:** 18:56:12 *Release all feelings, your mind quiet, and you're there*

---

## Page 67

Go use this method

**Wind:** 11:29:26 Release *wanting to control* and *wanting approval*, release those programs covering the "*fear of death*"

**Wind:** 11:29:38 Then allow the "*fear of death*" to surface and release it completely

**Wind:** 11:30:26 At the beginning, you release the programs of *wanting to control* and *wanting approval*



**Wind:** 11:30:33 You are only releasing these two kinds of programs

**Wind:** 11:30:52 As you release, those feelings, those thousands of thoughts about the body, disappear

**Wind:** 11:31:35 When you release the deepest *fear of death*, your entire mind disappears

**Wind:** 11:31:51 Your *feeling of separation* will dissipate, and what remains is *infinite existence*

**Wind:** 11:32:02 You will naturally identify yourself as *infinite existence*

**Wind:** 11:32:15 Is that clear enough?

**Wind:** 11:32:17

---

## Page 68

**Wind:** 16:43:42 You must implement the *Six Steps*

**Wind:** 16:43:51 This way you can get all happiness from within

**Wind:** 16:45:28 Or by achieving goals through releasing to redirect your direction

**Wind:** 16:45:39 *get everything by releasing only*

**Wind:** 16:45:47 This can also keep you walking on the *Six Steps*

---

## Page 69

When you release until "the only source of happiness is *infinite existence*" becomes your complete experience, you will naturally cease all actions of seeking happiness anywhere in the world

**Wind:** At this point, your flow direction changes, and you will automatically enter *Nirbikalpa Samadhi*

**Wind:** Once you enter, you will not come out again

**Wind:** No more falling back

**Wind:** Because the seeds of the backward path no longer have power

---

## Page 70

Sometimes you might do other things all afternoon, not releasing

19:14:10 That's because the subconscious is seeking something

19:14:25 You can't force yourself to release

19:15:11 You need to see what you are seeking, and ask yourself "Can I get it from releasing?", see which way is easier and more joyful

19:15:17 Thus choose to release

19:15:47 This is why I say successful experiences are important

19:15:51 You have to get benefits first

19:16:12 Without benefits, you won't do it, that's your mind

19:16:38 It will find every way to avoid releasing, resist releasing

19:18:34 I remember I said before, paying attention to the sixth step truly got me into continuous releasing

---

## Page 71

Emotions are the entry point, allowing you to learn to release. The workbook's final summary of the course is: *release three wants only*

**Wind:** Only release the *three major wants*

**Wind:** Lester's explanation of the *Release Method*

**Wind:** We first enter the conscious mind, release control, approval. And those other things you try to release, like fear — you know, you would spend hundreds or thousands of lifetimes releasing fear, and after that you would still have anger, and you would still have other emotions. But when you release *wanting to control*, everything underneath it is also let go.

Then when you release *wanting security*, you release all *wanting approval* and *wanting to control*, and everything underneath them. You are now too low, so you cannot attack *wanting security* directly. You are overwhelmed, you are terrified by death, so you let it operate you. But when you release a significant amount of control and approval, you will have the ability to face the *fear of death*.

**Wind:** If you release emotions, it would take hundreds or thousands of lifetimes to clear just one type

**Wind:** Releasing the *wants* is the method to reach the goal within one or two months

**Wind:** Only then do you enter the efficiency of the *Sedona Release Method*

---

## Page 72

You actually don't need to enjoy anything

19:01:46

**Wind:** 19:02:13 *you don't need enjoy anything, be joy!*

**Wind:** 19:04:16 Write down the possibilities you think can bring happiness

**Wind:** 19:04:27 Where do you think happiness is?

**Wind:** 19:04:35 Not intellectually

**Wind:** 19:04:46 It's where you actually seek happiness

**Wind:** 19:05:10 If you suppress these desires, you cannot achieve step one

**Wind:** 19:08:29 You can force yourself to do homework and work, but you cannot force yourself to release

**Wind:** 19:08:31

**Wind:** 19:09:58 Let me elaborate on Lester's favorite teaching, *get everything by releasing only*

**Wind:** 19:12:53 What do you want? How are you planning to get it? Why not get it through releasing?

**Wind:** 19:13:02 This is how you practice

**Wind:** 19:13:11 You choose to release

---

## Page 73

My method is that I constantly confirm my gains and my direction

**Wind:** 18:59:17 For example, she just wanted to listen to music, what did she want to gain from listening to music?

**Wind:** 18:59:27 Can that be gained from releasing?

**Wind:** 18:59:33 Can you give it a try?

**Wind:** 19:00:02 Constantly confirming your gains can keep you releasing continuously

**Wind:** 19:00:35 If you say "I must, I have to release, I can't listen to music", this won't work, because one direction of your subconscious is to listen to music, and you are suppressing it

**Wind:** 19:00:48 Your conscious and subconscious are at odds

**Wind:** 19:00:56 If you don't look at it, this won't succeed

---

## Page 74

*November 17, 2020*

**Wind:** Rely on the *Six Steps*

**Wind:** Start with the *Six Steps*, end with the *Six Steps*

**Wind:** Use your gains to confirm your direction

**Wind:** It's not good if continuous release becomes your "task"

**Wind:** Continuous release is because every release has benefits

**Wind:** This is what the sixth step says, each release is lighter and more joyful

**Wind:** You feel good, so you continue releasing

**Wind:** If you just force yourself to release, you will stop

**Wind:** You won't be able to keep going

**Wind:** Because while you are suppressing your desires for the world

---

## Page 75

*July 26, 2021*

**Wind:** 17:11:08 When you allow deeper garbage to come out, your emotions will go down

**Wind:** 17:11:13 But that's good

**Wind:** 17:11:20 That's facing deeper garbage

**Wind:** 17:13:08 Process, *release process*

**Wind:** 17:13:46 Let the feeling come out, categorize it as *wanting to control* or *wanting approval*, then let it go

---

## Page 76

**Wind:** 08:15:58 Just use the process consciously

**Wind:** 08:16:07 Use feeling more

**Wind:** 08:16:15 Use less mental analysis

**Wind:** 08:16:29 This will also make releasing easier for you

**Wind:** 08:16:49 Of course, it will also be deeper

**Wind:** 08:17:04 Many people think their releasing is really good, simply because they haven't experienced deeper release

**Wind:** 08:17:09 They think releasing is just like that

---

## Page 77

*March 16, 2021*

**Wind:** Unless you release the drive of those programs

**Wind:** If you don't release, it will continuously drive you to stir up activities

**Wind:** All brilliance, all creativity, comes from *infinite existence*

**Wind:** The mind is a mechanical program, it only repeats

**Wind:** Perhaps it can be said this way, a person free from the mind program truly begins to live

**Wind:** Before that, just a robot driven continuously

---

## Page 78

Going out all night to force yourself, leaving the group, shouting slogans, that's useless

**Wind:** Because that's trying to eliminate karma through action

**Wind:** This only creates new karma

**Wind:** Only releasing is useful

**Wind:** If you don't release, your program will continuously drive you to do those things

**Wind:** Therefore, don't think any action you take can bring you freedom

**Wind:** Deliberate action, deliberate inaction

**Wind:** Those are not what need attention

---

## Page 79

Release *wanting to control*, and you will no longer suppress the *fear of death*

It will surface for you to release

Lester said, release the mind, what remains is *infinite existence*

That's how simple it is

The mind is nothing but a collection of your feelings and thoughts

*Wanting to control, wanting approval, wanting security* (survival)

The *three major wants*

Lester sometimes uses *fear of death* to mean wanting to survive

It's the same meaning

Wanting to change is also a form of *wanting to control*

So just release three things

*Wanting to control, wanting approval, wanting to survive (fear of death)*

---

## Page 80

So only by continuously releasing *wanting to control* and *wanting approval*, and then continuously releasing *wanting security*

**Wind:** 22:16:48 Can you reach the goal

**Wind:** 22:18:05 Implement the *Six Steps*, everyone can be free

**Huixuan:** 22:19:07 If you keep releasing continuously, you are always in the *Six Steps*, and you will be free

**Wind:** 22:19:22 Yes

**Huixuan:** 22:20:20 As long as you are in the *Six Steps*, you are releasing continuously, can it also be understood this way?

**Wind:** 22:21:47 Yes

**Wind:** 22:21:53 Use the *Six Steps* to test

**Wind:** 22:22:03 As long as you are in the *Six Steps*, you can be free

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## Page 81

**Xiangxuan:** 22:06:28 When I don't want to release, reminding myself of step one doesn't give me much feeling. Instead, reminding myself that I want to change, that I want everything to get better, gives me more motivation.

**Wind:** That works too

**Wind:** Releasing can make you freer

**Wind:** Freedom includes everything

**Wind:** Just provide a motivation to release

**Wind:** *Wanting approval* can develop into *wanting to control*

**Wind:** If you feel *wanting approval*, you need to release *wanting approval*

**Wind:** After releasing *wanting to control*, *wanting approval* becomes more apparent

**Wind:** After releasing enough *wanting approval* and *wanting to control*, *wanting security* becomes more apparent

**Wind:** If you don't release *wanting security*, *wanting approval* and *wanting to control* will be developed again, and this goes on endlessly

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## Page 82

### *Process for Releasing Wants*

**Step One:** Allow yourself to feel the current feeling

**Step Two:** Notice whether it comes from *wanting approval* or *wanting to control*

**Step Three:** Can you be aware of this *wanting to control* (or *wanting approval*)?

Can you let it go?

**Step Five:** Do you still have any remaining *wanting to control* (*wanting approval*)?

Can you be more aware of this?

Can you let it go?

*Repeat the awareness and release until you are completely free.*

Just now someone in the other group asked about the basic process

I summarized the video content slightly

The guidance in the video is like this

This process can be used as a reference

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## Page 83

**Wind:** 22:03:36 If you are used to suppressing, you'll need more time to break the habit of suppressing

**Wind:** 22:04:00 Practice releasing more, this will also be quick

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## **Page 84**

**Wind:** 18:32:44 Make a decision to do it, to try releasing

**Wind:** 18:33:03 Disappointment or even despair is just a feeling

**Wind:** 18:33:23 As long as it's a feeling, it can be released, and the attitude after release is completely different from before

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## **Page 85**

**Wind:** 10:24:36 Releasing isn't that difficult

**Wind:** 10:24:53 We only think releasing is difficult because we are used to suppressing

**Wind:** 10:25:22 If you make releasing a habit, you'll find that suppression is what requires effort

**Wind:** 10:25:42 Until then, just keep deciding to release

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## **Page 86**

**Wind:** November 7 23:57:33 So the difficulty lies in you not doing it

---

## **Page 87**

Keep doing it continuously, and you will completely release it

---

## **Page 88**

**Wind:** November 7 23:54:38 You release first

**Wind:** November 7 23:54:48 There's no difficulty in releasing

**Wind:** November 7 23:54:55 It's just whether you do it or not, how many times you do it

**Wind:** November 7 23:55:02 If you can do it once, you can do it a second time

**Wind:** November 7 23:55:10 Then a third time, a fourth time

## Page 89

Yes, as Lester said, you need to release enough *wanting to control* and *wanting approval*

**Wind:** 21:14:19 It's not about looking, it's about following the practice

**Wind:** 21:17:34 When the desire is brought out, it is released

**Wind:** 21:18:23 If not, you go back to the beginning of the process

**Wind:** 21:18:37 Relax the body, feel it again

**Wind:** 21:18:54 Identify what desire it is, let it go

**Wind:** 21:19:09 Keep it simple and easy, repeated practice will help you master it

**Wind:** 21:19:21 Thinking and analyzing will make it increasingly difficult to release

**Wind:** 21:19:30 Because the mind only replays past experiences

---

## Page 90

**Wind:** 21:09:35 My advice is not to fumble around, just use the process directly

**Wind:** 21:09:53 If you don't feel anything the first time, do it a second time

**Wind:** 21:10:01 This will be faster

**Wind:** 21:10:11 Fumbling with the mind actually takes many detours

**Wind:** 21:10:17 Because the mind can only replay past experiences

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## Page 91

*January 13, 2021*

**Wind:** Back then, I spent a long time finding the feeling of releasing for the first time

**Wind:** The *Release Method* is suitable for everyone

**Wind:** Practice simply, and then you'll get it

**Wind:** At that time, it also took me a long time to find the feeling of releasing

**Wind:** Because I analyzed too much

**Wind:** The less you analyze, staying relaxed, just using it, the faster you'll learn

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## Page 92

**Wind:** 10:53:26 *There is no free will in worldly living.*

**Wind:** 10:53:39 Note, *there is no free will in worldly life*

**Wind:** 10:54:55 There is only one thing with free will, choosing to identify with your body or *infinite existence*

**Wind:** 10:57:50 Striving to make money won't make you richer, studying hard won't make your grades better, working hard on health won't make you healthier

**Wind:** 10:57:57 Understand? These are all pre-programmed

**Wind:** 10:58:11 Only removing programs is useful

**Wind:** 11:33:58 Trying to change something through action is just a delusion of people, completely useless

**Wind:** 11:34:09 Yet most people don't understand this

**Wind:** 11:34:48 Karma drives action, and your actions trying to change karma are also driven by karma

**Wind:** 11:36:34 Jack Ma, Bill Gates don't know why they made money and lost money; their summaries of their success experiences are just guesses based on seeing the surface

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## Page 93

*October 3, 2020*

**Wind:** 13:45:52 *Process for Releasing Emotions*

**Step One:** Allow yourself to feel the current feeling, and trace it back to an emotional state (apathy, grief/sadness, fear, lust/greed, anger, pride)

**Step Two:**

Ask yourself, can I let this feeling go?

Am I willing to?

When?

**Step Three:** See what feeling you have now, and repeat the previous process

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## Page 94

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## Page 95

### *Action Steps Process*

**Goal:** I allow myself to easily achieve and maintain an ideal weight.

What do I feel I need to do to achieve this goal?

Go to the gym

Start dieting

Stop eating snacks

How do I feel about doing this now?

Embarrassment (I don't like exercising in public) ---> *Wanting approval? Wanting to control?*

Resistance (I don't want to diet) ---> *Wanting to control? Wanting security?*

Sadness (but I'm willing) ---> *Wanting to control? Wanting approval?*

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## Page 96

### *Goal Process*

**Goal:** I allow myself to easily achieve and maintain an ideal weight.

How do I feel about my goal right now?

Craving ---> I want to eat ---> *Wanting approval, wanting to control.*

Feeling of control ---> I hate dieting ---> *Wanting to control.*

Feeling of failure ---> I don't have time to exercise ---> *Wanting approval, wanting to control.*

Fearlessness ---> I can do it! ---> *Wanting approval.*

[File Content End]

[  
**V3.4 –**  
**Wind – Feng -- Lester Levenson Six Steps – Lester Levenson (The Sedona Method) -**  
**Lester Levenson The Sedona Release Method Technique – Lester Levenson –**  
**Translations of The Screenshots WeChat and Images content of Wind (Feng)'s**  
**pointers on Lester Levenson.**

**THE END**  
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